



Autumn Activities

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Introduction

If you are looking for autumn activities, this book will certainly help. It has ideas in it about autumn holidays and celebrations. It also has art activities using falling leaves, recipe ideas for holiday cooking, and a variety of greeting cards that children can share. As the leaves change colors, the weather cools, and the days become shorter, you can enjoy this book with the children in your life.



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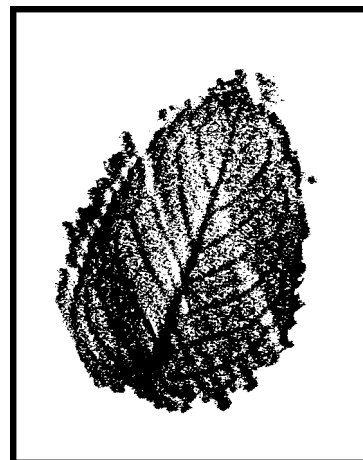
Leaf Art

Make a Leaf Rubbing

Materials Needed: plain paper, leaves, crayons

Directions:

1. Find some pretty leaves.
2. Lay them underneath bond paper or recycled newsprint.
3. Press down on the paper with one hand and color firmly with a crayon in the other hand.
4. Lift the paper. You will see the outline of the leaf on the paper. Look closely for the veins of the leaf.



Pressing Leaves

Safety Note: An iron to be used only with adult supervision!

Materials Needed: large leaves; waxed paper; warm iron; small cotton towel or small brown paper bag; red, blue, or black construction paper

Directions:

1. Find some large leaves.
2. Put a leaf between two pieces of wax paper.
3. Place the towel or brown grocery bag over the wax paper and iron over the bag or cotton towel.
4. The wax will melt into the leaf to preserve it.
5. Make frames out of the construction paper. Glue or staple the leaves inside of the frames.
6. Use pressed leaf pictures for seasonal wall decorations.

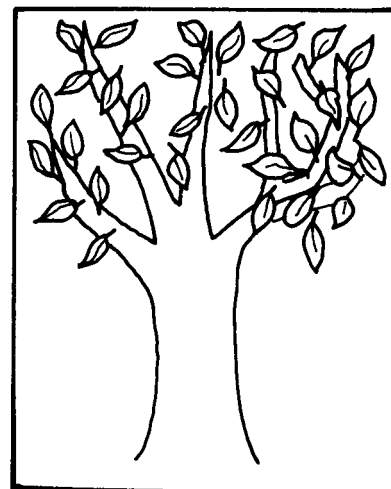


Make a Paper Tree with Real Leaves

Materials: large piece of brown construction paper, leaves fallen from trees, pencils, crayons, glue

Directions:

1. Draw the outline of a tree with no leaves on the construction paper.
2. Take the leaves and glue them to the branches of your paper tree.





Autumn Recipes

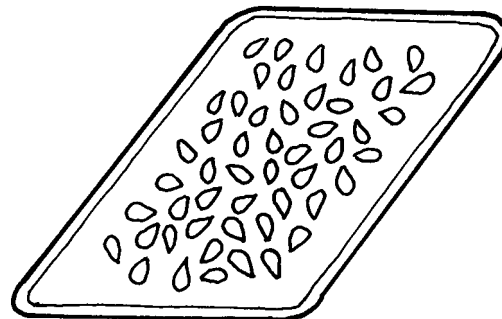
Safety Note: Cooking or heating should be done under close adult supervision.

Baked Pumpkin Seeds

Ingredients: two or three cups (500–750 mL) washed pumpkin seeds, one or two tablespoons (15–30 mL) of cooking oil, salt, paper towels

Directions:

1. Dry pumpkin seeds for one day on the paper towels.
2. Mix the seeds and oil together in a bowl.
3. Put them on a cookie sheet or in a pie pan and bake for 45 minutes at 350° F (180° C).
4. Sprinkle with salt for a healthy snack.

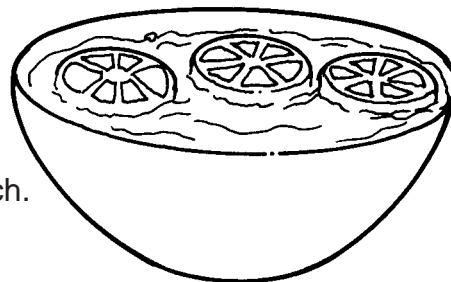


Autumn Punch

Ingredients: one quart (1 L) apple juice, one quart (1 L) orange juice, one quart (1 L) ginger ale, two whole oranges, ice

Directions:

1. Mix the juices and ginger ale together in a large bowl.
2. Cut up the oranges into slices and float them in the punch.
3. Serve with ice.



Warm Cider with Cinnamon

Ingredients: apple cider or juice, ground cinnamon

Directions:

1. Warm up cider or juice on the stove or in a crock pot.
2. Using a ladle or large spoon, pour it into mugs.
3. Sprinkle with cinnamon.



Pumpkin Face Cookies

Ingredients: large, round cookies, orange and black cake frosting in tubes, raisins, nuts, and chocolate chips

Directions:

1. Use the frosting to draw pumpkin faces on the cookies.
2. Make eyes, noses and mouths out of raisins, nuts or chocolate chips. These can be scary treats to eat!

