Things to do together

- Take an Autumn nature walk around your neighborhood or backyard. Collect leaves, pine cones, seeds, etc. As you find things, talk about their many different shapes. What looks like a circle? Or a square?
- Inside children can sort and group what they found by color, size, shape, texture...
- Make crayon texture rubbings with leaves, flowers, a feather—anything relatively flat.
- Make leaf people! Gather leaves of different sizes from outdoors. Talk with children about which leaves they could use for the head, arms, feet...and have fun.
- Pumpkin seed snack—spread seeds on a cookie sheet, spray with oil, sprinkle with salt, and toast in the oven.

Other Resources
The Last Child in the Woods: saving our children from nature-deficit disorder by Richard Louv