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Monday: Paint paper in fall colors and cut out in shapes of leaves. Collect leaves from around the yard. Glue both onto a piece of paper to make a multi-material leaf collage.

leaves
paper (fall colors)
paint
glue
scissors



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Tuesday: Tape a few different large shapes on the floor (circle, rectangle, square, etc). Sit on opposite ends of the shapes and roll a ball back and forth and shout out what shape the ball crosses or lands on.

painter's tape
ball or toy truck



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Wednesday: Using a coat hanger, hang a plastic cup on each end with string. Gather small objects to fill each cup with and see if you can create an equal balance.

coat hanger
string
(2) plastic cups
knife or hole punch
small objects



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Thursday: Tape a runway of contact (sticky) paper to the floor, sticky side up. Run across, crawl over, or lay on it!

contact (sticky) paper
painter's tape



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Friday: Head to a local museum to learn about something in your area.



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Over the Weekend: Push yourself to say no to those things that you don't really enjoy. Take a look at your Categorizing Your To Do's sheet, and ask yourself if you can say No to the things that are not highlighted at all. If you or your family does not enjoy doing them, ask yourself: "Why should we make our lives more crazy if we don't enjoy this?"

Can you find a way to make it easier for yourself?

THIS MONTH'S THEME: [Prepping for the season.](#)



Leaf Collage

Supplies:

- leaves
- paper (fall colors)
- paint
- glue
- scissors



CLICK FOR MORE DETAILS

1

Paint a piece of paper in fall colors. Let dry. Cut out in shapes of leaves.

2

Collect nature's leaves from around the yard.

3

Glue both onto a piece of paper in a collage. Let dry and display.

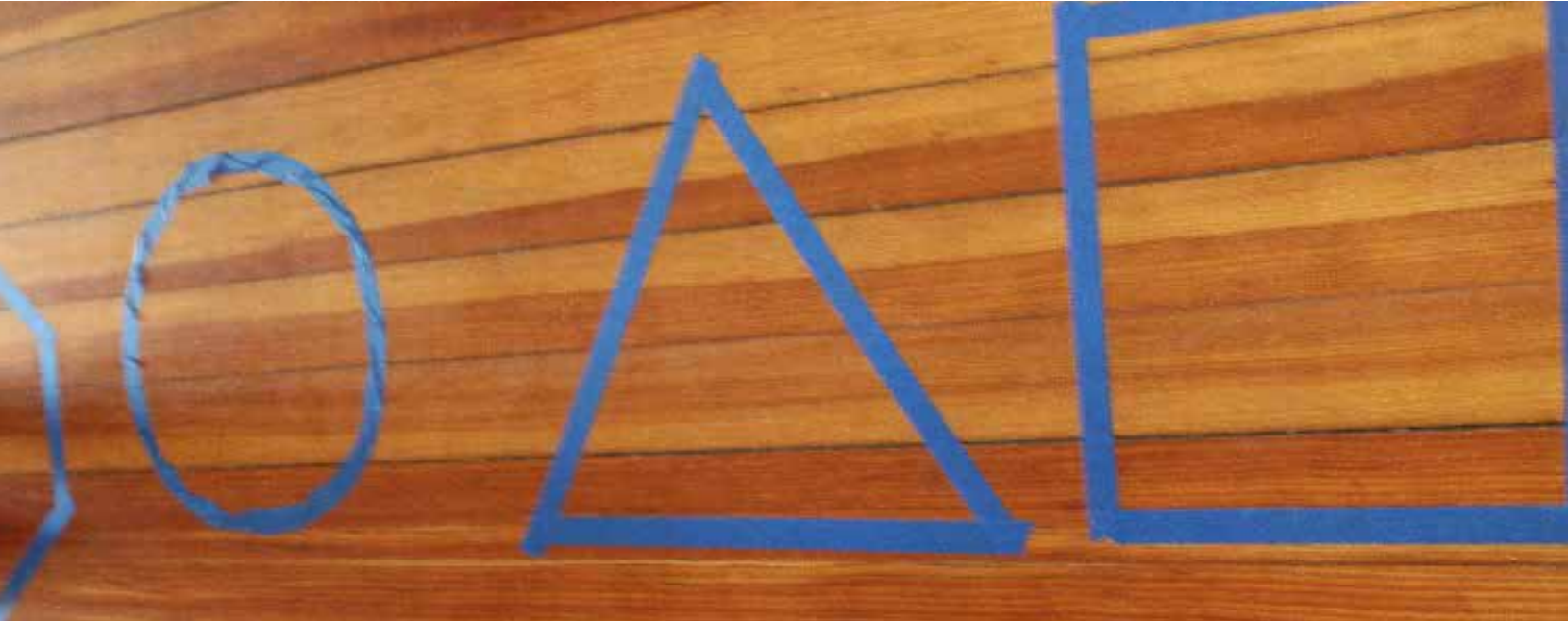


Tips:

Have fun creating an abstract painting first! Paint with odd pieces, you could even paint with leaves!

Make the hunt to find leaves an activity in itself. Older kids can hunt for certain types of leaves (find 2 of each fall color, red, yellow, orange, green and brown), while younger kids can look for any type!

Don't worry about the leaves laying flat when you collage them (it might break them). It's fun to give it a 3D effect.



What Shape Does it Land On?

Supplies:

- painter's tape*
- ball or toy truck*



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1

Tape large shapes on the floor (such as a triangle, square, rectangle, etc).

2

Sit on the floor on opposite sides of the shapes.

3

Roll a ball (or toy truck) back and forth to each other. Shout out what shape the ball crosses or lands on.



Tips:

Use this as an opportunity to introduce new shapes, but build confidence on shapes they already know.

You can also call out a shape and toss a bean bag (or socks) on it.

Always test painter's tape on your floor before using.



Coat Hanger Balance

Supplies:

- coat hanger
- string
- (2) plastic cups
- knife or hole punch
- small objects

1

Punch a hole in the side of a plastic cup and tie a string to it to attach (do this with 2 cups).

2

Attach other end of each string to each side of coat hanger.

3

Gather small objects to fill each cup to balance the coat hanger!



Tips:

Show your child what it looks like to be balanced before starting.

Make it a game and take turns filling up the first cup to have the other balance it.

Older kids can compare 5 objects of one kind (Legos) to 5 objects of another kind (pom poms) and see what's heavier. Make a chart with your findings.



Sticky Runway

Supplies:

contact (sticky) paper
painter's tape



[CLICK FOR MORE DETAILS](#)

1

Lay out a long piece of contact paper on the floor, sticky side up. Tape in place.

2

Have your toddler run across the sticky contact paper.

3

Ask them how it feels on their feet.



Tips:

Toddlers can run across the sticky runway, or jump or crawl on it, even lay on it! It feels funny!

Take this a step further and add small craft objects and paper to the mix to create art!

Don't remove the sticky runway right away, leave it out for the day and watch to see your toddler come back to it over and over throughout the day.