

# SEPTEMBER

## FALL ACTIVITIES

Fall is soon approaching! Here are some fun home activities that you can make with things around the house. These activities can target many areas skills including fine motor skills, hand-eye coordination, communication, sensory processing, and problem solving! HAPPY FALL!

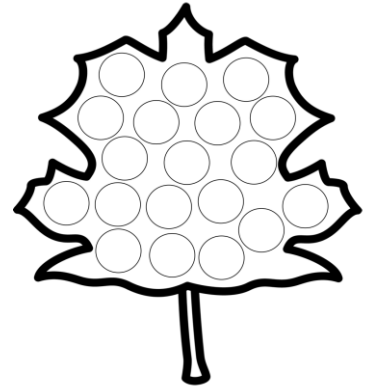
### Fall Tree and Leaf Crafts



Making fall trees and leaves with various media is a great way to welcome fall while also working on a lot of great skills! Try it with dot markers, stickers, finger painting, etc!

Dot markers are a great, fun way to work on fine motor skills and pre-writing skills. Have your child place dots onto “limbs” or onto dot marker printables while encouraging visual

scanning of the paper. On the other hand, paint is also a great way to work on fine motor skills and index finger isolation by using one finger to place “leaves” onto branches AND as a bonus, this can also work on tolerating our hands being dirty until the activity is completed! While you complete the activities be sure to incorporate age appropriate language development by labeling items, narrating the activity, and modeling “dot” while placing leaves! Try one of these activities out to improve many skills and HAVE FUN!



### Fall Scavenger Hunts

Don't have any of the supplies listed above? Totally okay! Fall scavenger hunts are also a great way to get everyone in the fall spirit. Scavenger hunts incorporate gross motor skills and balance by navigating environments, such as steps and uneven surfaces outside, as well as transitional movements, such as of bending and reaching. The



picture shows example of things to “find” around the house and yard during fall! Be sure again to target age appropriate language development by labeling items, narrating the activity, and modeling “where is it?” while looking for items!

Is it a yucky day or still too hot to go outside? Try Sensory Bin Scavenger Hunts by placing rocks, leaves, acorns, etc into a bucket of rice or beans! Super fun indoor activity that also improves tolerance of different textures!



## Fall Feeding Fun



Making applesauce as a team is an awesome way to incorporate new textures and tastes into your child’s diet! Not to mention, making recipes improves executive functioning, following directions, fine motor skills, and sensory aversions to various textures. Below is a simple recipe you can make together to allow your child to see how applesauce is made. Remember to smell, touch, lick, taste, and chew the apples before and after they are made into applesauce!

<https://teaching2and3yearolds.com/applesauce-recipe-for-kids/>

Other ideas of foods that are super fall friendly include the following: pumpkin, sweet potato, corn, etc. Try out some of these new tastes and textures by using these fall friendly items raw, cooked, smashed, etc! And again, do not forget to HAVE FUN!