

Theme: Sensory Activities for Fall

Date: September 22, 2021

Hello StrongStart friends,

Sensory Play is any activity that stimulates a child's senses. Through sensory play, children explore, investigate and create endlessly. Most families already do some sort of sensory play at home. For example, playing with playdough or splashing in the tub at bath time is a way of sensory play! Today, we will share a few more fall sensory activities you can do at home.

Crunched Up Leaves Art



Go on a walk with your child and collect a variety of leaves. Take the leaves home and crunch them up! Draw or print out a tree template and glue the leaf pieces onto the paper! This activity is great for their sense of touch, hearing and sight!

Fall Playdough



Here's an easy, no-cook, playdough recipe. Follow along with Ms. Joni - <https://youtu.be/iK1QuXdz1DM>

Ingredients:

- 1 cup of all purpose flour
- 1/4 cup of salt
- 1 cup of hot water
- 1 teaspoon of oil Food colouring (optional)
- fall spices like clove, cinnamon or nutmeg

Instructions:

- 1) Pour the flour into the bowl and add 1/4 cup of salt. Mix well.
- 2) Add 1/2 cup of water into the mixture. Mix it together. If it is still too dry, add more water gradually. If the flour is too sticky, add more flour.
- 3) Use your hands to knead the dough (get messy!)
- 4) If you have food colouring or fall spices, add it now. Continue to knead until the colour is distributed evenly.
- 5) Make a small hole in the middle of the playdough and add 1 tsp of oil. Knead until desired consistency!



After making your playdough, you can add different loose parts such as branches, rocks and leaves from outside. The dollar store is also a good place to find fake leaves or fall decoratives like gems and mini pumpkins). Playdough is a great activity for your child's sense of touch, smell, sight and even taste (for some little friends)!

Apple Cookies



There's no better activity to stimulate your sense of taste than eating delicious food! Here is an Apple Cookie recipe you can try at home.

Ingredients:

- 1 cup rolled oats
- 1 cup flour (whole wheat or gluten free)
- 1 TBSP ground flaxseed
- 1 tsp baking powder
- 1 tsp cinnamon
- 1.5 cup of grated apples (about 2 medium apples)
- 1 cup raisin
- 1/2 cup chopped nuts like walnuts or sunflower seeds (optional)
- 1/3 cup coconut oil, melted
- 1/3 cup honey or maple syrup
- Yogurt Icing (optional)

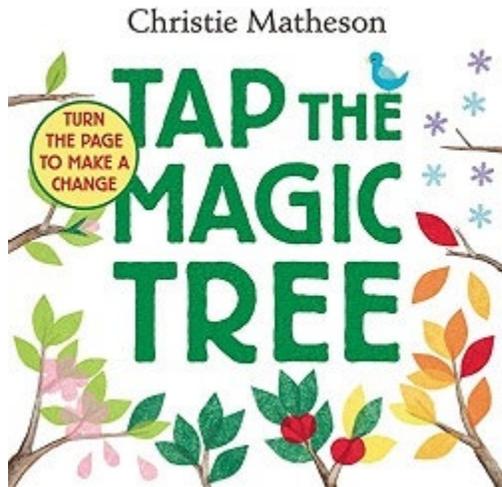
Instructions:

- Gather ingredients.
- Grate the apples.
- Mix together all the ingredients in a large bowl using a wooden spoon. Place into the fridge to chill while the oven preheats.
- Portion out balls of dough and place onto prepared baking sheets. Press down the balls. Bake at 375C for 20-22 minutes.
- Top with yogurt icing, if desired.

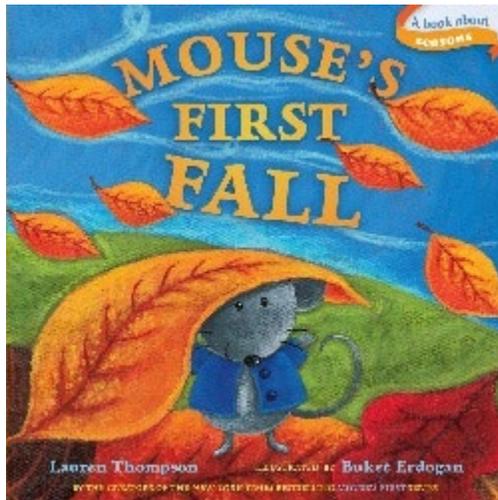
- Yogurt icing recipe - 2 tsp plain Greek yogurt and 1/4 cup powdered sugar.

Fall Books and Songs

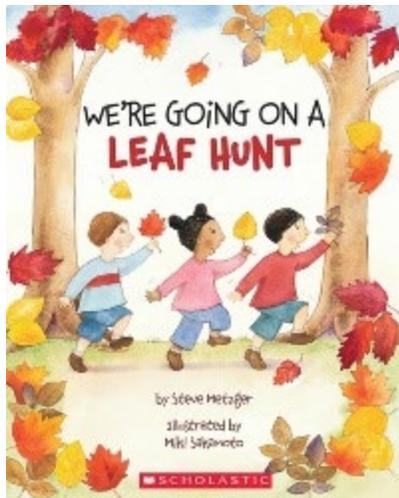
Books and songs are great for our sense of hearing. Here are a few of our favourites!



Tap the Magic Tree by Christie Matheson, read by Ms. Maxine - <https://youtu.be/JazwxdOhKfs>



Mouse's First Fall by Lauren Thompson, read by Teacher Issette - https://youtu.be/_gATPO_i0go



We're Going on a Leaf Hunt by Steve Metzger, read by Ms. Cindy
- <https://youtu.be/2doBH7417dM>

Thanks for reading!

