

Fall

Talking activities for the seasons



In the fall, days get shorter and little cooler but it's still a great time to be outdoors. Walking to the park or playing in the yard is a great way to learn about the weather, the season, and being outside. Events that happen in the fall, like Thanksgiving, Halloween, Diwali, or Remembrance Day are a chance to spend time together and learn. Many children start preschool or school in the fall. Talk about the activities you do, how you do them, and why.

Try these activities, songs, books, and crafts to help your child learn. Talk, read, and sing with your child in the language, or languages, you use at home.

Fun outside

Play with leaves

Rake, clean up, and play with leaves together.

- Make a big pile of leaves to run and jump into.
- Hide outdoor toys in the leaves and search for them.
- Talk about where all the leaves have stuck to you, like on your hair or shoes.

Collect leaves and talk about them.

- Describe them. Talk about the shapes and colours you see.
- Talk about the sound they make when you step on them.
- Talk about how they feel, like wet or dry.



Activities

Back to school

Is your child starting daycare or preschool? Do you have an older child or know other children who go to school?

- Talk about how they can get to school, like walking, taking the bus, or going in the car.
- Talk to your younger child about the change that will happen when their sibling goes to school.
- Explain that preschool, play groups, and community or church groups are like school.
- Let your children tell you what they did at daycare or school that day.

Fall festivals

- Watch for free festivals in your area throughout the fall. Community centers, places of worship, and businesses often host Harvest festivals, pumpkin picking, farmer's markets, and other family activities related to fall.
- Children can play games, have treats, and learn from new experiences. Talk about what you see and what you are doing.



For more information scan this QR code or visit: ahs.ca/talkbox

Songs and rhymes

Singing is a great way for your child to learn new words. Do the actions that go with the song.

If You're Happy and You Know It

If you're happy and you know it, clap your hands.
If you're happy and you know it, clap your hands.
If you're happy and you know it and you really want to show it,
If you're happy and you know it, clap your hands.
(Add other actions, like stomp your feet, nod your head, jump up and down, or shout "hooray")

Other nursery rhymes to try: Wheels on the Bus, Grand Old Duke of York, or Itsy Bitsy Spider.

Want to learn more songs and rhymes?

- Join a parent-child group or music class at the library or community centre.
- Search for songs on the internet. Learn the song, then sing it with your child. Young children learn best from interaction with people instead of watching on a screen.

Sing songs and rhymes from your culture, your own childhood, or make them up by putting new words to familiar tunes.

Crafts

Make a turkey

- Trace your child's hand on a piece of paper.
- Make the thumb into the turkey's head and the fingers into the feathers.
- Add the eyes, beak, and a wattle.
- Colour and decorate it any way you like.

Leaf scene

- Go outside and collect some fallen leaves.
- Glue the leaves and extra pieces like sticks or pinecones on a piece of paper.
- Turn the leaves into people or animals by using markers to add details, like arms and legs.

Invite your child to talk about their crafts with a teacher, friend, or family member.

Books

Go to your local public library to find these, and many more, great books and e-books.

- Fall Leaves Fall by Zoe Hall
- Froggy Goes to School by Jonathan London
- Spot Goes to School by Eric Hill
- Ten Apples Up on Top by Dr. Seuss
- The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear by Don Wood
- The Very Busy Spider by Eric Carle
- There Was an Old Lady Who Swallowed a Fly by Lucille Colandro
- Where is Baby's Pumpkin? by Karen Katz

When reading, follow your child's interests. You can skip pages, change the story, or just talk about the pictures together.

Where to get help

Speech-language pathologists can help. Learn more at ahs.ca/pedrehab.

