

Autumn Adventures: Explore, Create & Discover!

Autumn is a wonderful time of year for preschoolers to explore the world around them. There are lots of simple activities you can enjoy together using the colours, sounds and treasures of the season.

Go on an Autumn Walk

Head outside and see what you can discover! Look for colourful leaves, conkers, acorns, sticks and pinecones. Talk about the different colours, shapes and textures you find.

Create an Autumn Collage

Collect a few fallen leaves and use them to make a colourful autumn picture. You could make a tree, an animal or simply create your own pattern.

Autumn Treasure Hunt

Can you find:

-  A red, yellow or orange leaf
-  A conker
-  A small stick
-  A leaf bigger than your hand
-  A pinecone

Leaf Printing

Place a leaf underneath a piece of paper and gently rub over it with a crayon. Watch the shape and patterns appear!

Puddle Jumping

Put on your wellies and waterproof clothes and enjoy some autumn puddles! Talk about what happens when you jump in a puddle and listen to the sounds the rain makes.

Autumn Sensory Play

Fill a tray or bowl with safe natural objects such as leaves, pinecones and sticks. Let your child explore the different textures and describe what they can feel.

Cosy Autumn Story Time

After your adventures, snuggle up with a favourite story. Encourage your child to talk about the pictures and predict what might happen next.

Most importantly, have fun exploring together! Autumn provides so many opportunities for children to learn through play, conversation and discovery. 🍁 🌲 ❤️

