



FALL

12 Weeks of Fun Activities For Your Family!

Looking to keep your family active this fall?

This guide features simple, fun activities to support healthy habits and quality time together all season long.

Activities are grouped by age, but many work well across age ranges:

Infants (0–1)


Toddlers (2–3)

Preschoolers (4–5)

School-aged (6–12)

Whether your child is playing alone, with siblings, or with the whole family, there's something fun for everyone.

Enjoy a season of laughter, learning, and activity!





Infants

Fall Sensory Play

Materials: Fall-themed blanket, leaves, small pumpkin

Description: Lay your baby on a cozy blanket for tummy time or gentle back play. Place colorful leaves, a small pumpkin, and other textured items around them to explore with their eyes and hands. Gently guide their hands to touch and feel different textures. Talk to your baby about the colors and shapes to support language and sensory development.

Toddlers

Autumn Scavenger Hunt

Materials: List of fall items


Description: Explore nature together by finding colorful leaves, pinecones, acorns, rabbits, squirrels, spiders, birds, and more! Create your own scavenger list with your child - try categories like shapes, textures (soft, hard), or sizes (long, short) - then check them off as you go.

Preschoolers

Healthy Food Grooves

Materials: None

Description: Before snack time or lunch, create fun movements to announce that it's time to eat. Examples: Bend your knees to jump high in the air and reach for apples in the trees. Pick as many as you can, as fast as you can. Bend your knees and squat down low to pick some strawberries from the patch. Then reach up high and throw them into the basket. Walk in place and pretend you're at the grocery store. Swing your arms as you walk. Grab some healthy foods and put them in your cart. What foods are you buying?



School- Aged

Pumpkin Rolling Races

Materials: Small to medium pumpkins (real or fake), cones or tape

Description: On "Go!", children roll their pumpkins to the finish line using their hands only—no kicking allowed! The first one to get their pumpkin across the finish line wins.

Variations to try:
Take turns rolling the pumpkin down and back; Set up cones or markers to roll around; Let kids decorate their pumpkins with stickers or faces before racing for added fun and creativity.



Week 1



Infants

Old MacDonald with a Twist

Materials: Fabric or real apples, small basket or bowl

Description: Sing the tune of "Old MacDonald", but change the words to highlight the infant's body parts.

Example:

🎵 "Baby Maria has a body, E-I-E-I-O.

And on her body she has a foot, E-I-E-I-O.

With a stomp-stomp here..." 🎵

Gently move or tap the body part mentioned (e.g., stomp feet, clap hands). Use your infant's name and rotate through body parts to build body awareness, movement, and language!

Toddlers

Fall Leaf Pickup

Materials: Paper leaves (cut from fall-colored construction paper), crayons, basket

Description: Scatter paper leaves around the room. Set a basket a few steps away. Have toddlers pick up one leaf at a time, say something they're thankful for, then toss the leaf into the basket. Repeat until all the leaves are gathered!

Bonus: Let toddlers decorate the leaves with doodles or stickers before the toss.

Preschoolers

Broomstick Ride

Materials: Lightweight broomstick

Description: Let your child grab a broomstick and pretend to gallop, glide, or fly around. Guide them through movements like flying high, ducking low, weaving through obstacles, or circling fast.

Turn it into a Broomstick Obstacle Course with pillows, blanket tunnels, or leaf piles to jump over or go around. Or try a broomstick parade! March or fly to themed music in a silly, spooky family parade.

School- Aged

Pumpkin Relay

Materials: Mini pumpkins, cones or markers for obstacle course

Description: Set up a fun obstacle course using small hurdles like a foot stool, pillows, or laundry basket. Have everyone carry a mini pumpkin through the course. If they drop it, they restart from the last checkpoint. When finished, tag the next teammate to go! To make it extra fun try different ways to carry the pumpkin: overhead, behind the back, with one arm, or between elbows. Or add silly movement styles: tiptoe, side shuffle, hop, or go backwards!

Week 2





Infants

Float & Catch

Materials: Light scarves, feathers, leaves

Description: Sit on the floor across from your child. Lightly toss different materials in the air and show your infant how to catch them. Begin throwing the material in the air near your infant and encourage them to catch the materials.

Toddlers

Pumpkin Patch Beanbag Toss

Materials: Beanbags, baskets or cardboard boxes, floor tape

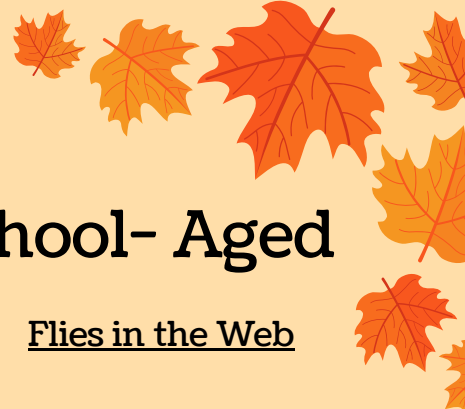
Description: Set up baskets or boxes in a row and mark starting spots with floor tape. Each child takes turns tossing a beanbag into one of the bins. If they make it, they act out a fun fall animal or Halloween character—like flapping like a bat, waddling like a turkey, or marching like a tiny monster! To make it more fun count successful tosses and adjust difficulty by moving the bins or changing the tossing distance.

Preschoolers

Move the Mess

Materials: Scarves, knit hats, gloves or mittens, tape or sidewalk chalk

Description: Divide the play area into two "yards" using tape or chalk. Scatter equal amounts of "fall clutter" (scarves, hats, gloves, etc.) on each side. Split into two teams of yard helpers. When the timer starts (set for one minute), each team races to toss as many items as possible into the other team's yard. When time's up, count the remaining items on each side—the team with the least clutter left behind wins!



School- Aged

Flies in the Web

Materials: Clear tape, cotton balls, string (optional)

Description: Create a "web" by stretching strips of clear tape across a wall, door frame, or large cardboard in a crisscross pattern, sticky side facing outward. The goal is to toss cotton balls (representing flies) at the web, aiming for them to stick to the tape. Encourage underhand throws to keep the cotton balls from bouncing away. After each turn, count how many "flies" land for extra fun and challenge!

Week 3





Infants

Pumpkin Play

Materials: Carved pumpkin, clear plastic bag, tape

Description: After carving a pumpkin, save the pumpkin pulp (or insides) in a plastic bag. Seal the bag securely and tape it to the floor. Let your infant explore the bag and feel the texture of the pumpkin pulp—no mess, just fun sensory play!

Toddlers

Pumpkin Seed Adventure

Materials: Pumpkin seeds, spoons, bowl, tape, cones or large cups

Description: Use tape to mark a starting line, then set up an obstacle course using cones or cups. Each child uses a spoon to carefully pick up pumpkin seeds and carry them through the course to a bowl. Set a timer for 2 minutes and see how many pumpkin seeds they can collect before time runs out.

Preschoolers

Mummy Walk

Materials: Tape, pillows (optional)

Description: Show children how to walk like mummies—slow, stiff-legged steps with arms close to their sides or crossed over their chests. Lead them through a short course or around the room, focusing on balance and smooth, controlled steps. Add challenges like walking along a “tightrope” (a taped line on the floor) or weaving around pillows to build coordination.

School- Aged

Leaf Obstacle Harvest

Materials: Real or paper leaves, pillows or soft obstacles arranged in a path

Description: Scatter leaves around a large play area with a pillow obstacle course set up between a start and finish line. When you call out a leaf color, kids navigate the obstacle course by crawling like a bear, hopping like a frog, or crawling under/over pillows to reach and pick the correct leaf. They then return through the obstacle course to the start area.





Infants

Eensey Weensy Spider

Materials: Soft toy/puppet spider to show climbing motions
(Optional)

Description: Take infant's hands and begin singing the classic song "The Eensey Weensy Spider." You can show spider movements with your hands or toy and encourage infant to mimic your movements or help your infant move their hands for a fun interactive song!

Toddlers

Pumpkin Patch Jump

Materials: Orange felt circles or paper plates, painter's tape (to secure felt/plates in place if indoors)


Description: Set up "pumpkins" in a line, zigzag, or circle across the floor. Have kids hop from one "pumpkin" to the next, practicing balance, coordination, and jumping skills. Encourage them to hop on two feet or challenge them to try hopping on one foot!

Preschoolers

Fall Animal Course

Materials: Open space (indoor or outdoor), Cones or cups (to define a start and finish line)

Description: Line children up at a starting line. Call out a fall animal and have them move like that animal to a designated finish line or marker. You can join in too! Here are some ideas:
Waddle like a turkey
Hop like a squirrel
Flap like a crow
Crawl like a raccoon
Scurry like a mouse.



School- Aged

"Monster Mash"

Materials: "Monster Mash", Flashlights, Glow sticks

Description: Host a family-friendly monster dance party! Dim the lights, hand out flashlights or glow sticks, and play kid-friendly Halloween songs like "Monster Mash." Encourage everyone—kids and grown-ups—to dance like silly, spooky monsters. Give monster move prompts like: "Stomp like a giant ogre!" "Wiggle like a spooky ghost!" "Creep like a sneaky vampire!" Pause the music and have everyone freeze in silly monster poses.



Week 5



Infants

So Big!

Materials: None

Description: Place the infant in front of you and hold their hands. Smile and ask, "How big is baby?" Raise their arms above their head and respond by saying, "So big!" Prompt them to raise their arms on their own once they can. Do the same thing with their arms out to the side, in front of them, and behind them.

Toddlers

Corn Shuck Relay

Materials: Ears of corn with husks, large bin or basket

Description: Scatter play corn (real or pretend) at one end of the play area and place a basket at the other. Invite toddlers to crawl or walk to pick up a corn cob and carry it back to the basket. If using real corn help them peel the husk with adult support and explore the texture with their hands. Repeat as long as they're engaged!

Preschoolers

Apple Picking Adventure

Materials: Small balls of any color, baskets

Description: Hide the small balls around the room or outdoors to represent "apples." Give the kids time to search and gather them into their baskets. Set a timer for added excitement and challenge them to collect all the apples before time runs out! Play some fun fall music during the hunt, and when the music stops, the game ends.

School- Aged

Spider Web Maze

Materials: Streamers, tape

Description: Use streamers to create a maze by strung it across a hallway or between chairs/tables in a crisscross pattern, mimicking a spider web. Vary the heights of the streamers so kids can crawl under, step over, or squeeze through them. The challenge is to navigate the web without touching the streamers. For added fun, increase the difficulty by having kids carry an object (like a small ball) or place a pumpkin at the end of the maze that they must bring back through.



Week 6



Infants

Find the Noise

Materials: Rattles, bells, leaves, sticks

Description: Use the materials to create different sounds for your infant to explore. Make the noises slower or faster, and move the sounds around to encourage them to locate where they're coming from. Hide the sounds by placing objects in different spots. As the infant becomes curious, encourage them to explore and make their own sounds with the materials. This helps stimulate auditory development and sensory exploration.

Toddlers

Gather the Leaves

Materials: Clean, dry leaves, soft mat or blanket (optional)


Description: Collect clean, dry leaves from your yard or a park and rake them into a big, soft pile on grass or soft ground. Ensure the pile is at least 1–2 feet high for a cushioned landing. For harder ground, add a soft mat or blanket underneath. Let toddlers run or step into the pile and jump (even small hops count!). Encourage them to crawl through the leaves or bury themselves with a little help.

Preschoolers

Fall Obstacle Course

Materials: Leaves, broom, chairs, rolled towel or cushion

Description:
Set up a playful forest-themed obstacle course! Kids jump from leaf to leaf, counting as they go. Increase the challenge by spreading leaves farther apart. Crawl under the branch. Prop a broomstick or pool noodle between chairs—kids crawl under like sneaky forest critters. Use a rolled towel or cushion as a “log” to hop over.



School- Aged

Pumpkin Bowling

Materials: Small pumpkins or miniature sports balls, water bottles or bowling pins

Description: Set up pins—such as empty water bottles or decorated containers—in a triangle formation. Take turns rolling a small pumpkin or ball to try to knock down as many pins as they can. To make the game more challenging, increase the distance from the pins or have children roll from behind a designated line. You can also add a twist by asking them to bowl with their non-dominant hand.





Infants

Fall Paint and Play

Materials: Bathtub/kiddy pool, pureed foods, paint brushes

Description: This fun, messy sensory activity is perfect for an empty baby pool or bathtub to help contain the mess and make cleanup easy. Create edible fall “paints” by mixing pureed foods like pumpkin, yogurt, and applesauce with a dash of autumn spices such as cinnamon, nutmeg, or pumpkin pie spice. Give your baby a paintbrush and let them explore—painting the tub, the pool, or even themselves!

Toddlers

Harvest Hunt

Materials: Bin/Tub with black beans or leaves, small toys, scoop


Description: Fill a bin or tub with dried beans, leaves, or other fall-themed sensory materials. Hide small toys or objects inside the bin. Set a start line a few feet away. Toddlers can walk, crawl, or run to the bin, dig to find a toy using their hands or a scoop, then return to the start line with their find. Once their finished, repeat!

Preschoolers

Ghost Knock Down

Materials: Plastic cups, marker, any small ball or plastic object

Description: Have you or your child draw silly ghosts faces onto the plastic cups. Help them stack the cups like a pyramid—four on the bottom, then three, two, and one on top. Take turns gently tossing a soft ball or beanbag to knock the ghosts down! Let your child rebuild the tower each time for more practice with stacking and coordination.



School- Aged

Bean Bag “Leaf Box” Toss

Materials: Large cardboard box, scissors, beanbags

Description: Cut one or more large leaf shapes into the sides of a cardboard box to create a festive target. Children take turns tossing beanbags through the leaf-shaped holes to score points. To make the activity more challenging, you can use smaller holes or create multiple targets with different point values.

Increase the throwing distance as children gain confidence or have them try tossing with their non-dominant hand for an extra challenge.



Week 8



Infants

Leaf Exploration

Materials: Needed: Soft blanket, real, fabric, or paper fall leaves (at least 6–10)

Description: Lay a soft blanket on the floor in a safe, open area. Scatter fall leaves around the floor—placing a few within reach and others just outside the baby’s reach. Encourage reaching, pivoting, or scooting towards leaves.

Toddlers

Turkey Feather Hunt

Materials: Jar, feathers, googly eyes, tape, construction paper, scissors

Description: Use scissors to cut out a turkey torso similar to a bowling pin shape. Draw beak and feet. Glue on googly eyes. Tape to the jar and hide the feathers for the tail. Let the toddler go off to find the feathers and bring them back to place them inside the jar for their tail.

Preschoolers

Autumn Leaves Dance

Materials: Song “Autumn leaves are falling down” by Learning Station

Description: Begin by asking your child, “How do leaves move when they fall? Can you show me a twirl, a float, or a crunch?” As the music plays, guide them through movements that match the lyrics. For changing colors, they can sway their arms like leaves drifting in the wind. When the lyrics mention falling down, have them slowly lower their arms and fingers to the ground. During a raking part, they can pretend to rake and scoop big piles of leaves. Encourage your child to come up with their own fall-inspired movements to add to the fun.

School- Aged

Spider Crawl Tag

Materials: None

Description: Kids can pretend to be spooky spiders by crawling on all fours—using hands and feet only, no knees! Encourage them to move forward, backward, or sideways, using opposite hands and feet to mimic the motion of a real spider. To add to the fun, you can create a “web zone” as a safe space for them to crawl to or challenge them to move in slow motion for a stealthy spider sneak.



Week 9



Infants

Tiny Trails: A Fall Sensory Walk

Material: None

Description: Take your infant on a walk to explore the sights, sounds, and textures of fall. Gently guide their hands to touch bumpy tree bark, dry grass, fallen leaves, and pinecones. Pause to let them feel a cool breeze, hear the crunch of leaves, or watch leaves flutter to the ground. Focus on calm moments and sensory discovery—let nature do the talking!

Toddlers

Turkey Toss Sensory Bin

Materials: Large plastic bin/storage container, fillers: pasta, oats, cereal; add-ins: feathers, small toys animals, buttons, cotton balls, spoon, measuring cups, pot


Description: Lay down a towel or old sheet to catch spills. Fill the bin with your sensory materials. Encourage your toddler to stand or kneel beside the bin and use spoons, cups, or their hands to scoop and toss materials into the target container (pot) a few feet away. For added fun, call it a “turkey toss” game and pretend they’re helping a turkey collect its fall treasures!

Preschoolers

Leaf Color Sprint

Materials: Large paper or fabric leaves in different colors, basket or container

Description: Scatter colorful leaves widely across an open area. Stand at a designated start line holding a basket. When you call out a leaf color or number (e.g., “Two yellow leaves!”), children sprint or skip to find and pick the correct leaves. They then return quickly to deposit the leaves in their basket. Add movement variations like hopping on one foot, walking backward, or galloping on the return trip to increase the challenge.



School- Aged

Fall Twister

Materials: Classic Twister mat (or DIY: large sheet with colored circles), online spinner

Description: Set up the Twister mat or DIY version with colored leaf circles instead of plain dots. Use a spinner or create one that calls out commands like: “Right hand on red leaf” “Left foot on orange leaf” “Right foot on yellow leaf”

The game continues until one player loses balance and falls or can’t reach a spot.



**Week
10**



Infants

Fall Sock Tunnel

Materials: Cardboard box, long socks, scissors

Description: Turn a large cardboard box into a cozy fall tunnel by poking holes in the top using closed scissors and twisting to make each hole wide enough to thread colorful socks through. Choose socks in autumn colors like orange, yellow, brown, and red to create a leafy, festive feel. Let the socks dangle into the tunnel space where infants can crawl through, reach up to stretch or tug on the socks, or simply enjoy watching them sway as they move. Encourage infants to chase the socks with their hands or eyes.

Toddlers

Turkey Bowling

Materials: Plastic cups, feathers, googly eyes, orange paper cut in triangle for beak, mini pumpkin

Description: Glue the beak, feathers, and googly eyes onto each cup to create turkey faces. Set up the cups in a line or triangle shape. Have your toddler roll the mini pumpkin towards the cups to knock them over. Increase the challenge by backing up the distance.

Preschoolers

Walking Web

Materials: Tape, string, numbered paper

Description: Create a spider web on the floor using tape and string. Have the kids write the numbers 1 through 6 on separate pieces of paper. Scatter the papers across the web. Ask the kids to step onto the web and balance on the string. Call out a number, and have them carefully walk along the string to reach and collect that number. Once they've gathered all the numbers, they can place them back in new locations on the web to play again.

School- Aged

Turkey Tag

Materials: Clothes pin, glue, colored feathers

Description: Use the materials to create your own turkey tails. Once completed place the turkey tails onto your clothes and play turkey tag. Each participant tries to grab each other's tail while running around. Yell "Freeze" and "act like a turkey" to add another element in the game.



Week 11



Infants

Tin Pan Toe Push

Materials: Pie tin

Description: Hold a pie tin or lightweight baking pan vertically just in front of your infant's feet while they are lying on their back. Gently encourage the infant to press their feet against the surface of the tin. As they kick or push off, the tin will make a soft sound or move slightly, giving them immediate sensory feedback. Add a fall twist by decorating the tin with leaf stickers or drawing a pumpkin face.

Toddlers

Rake & Toss

Materials: Socks, paper towels, rake, broom, bin


Description: Have your children toss the items onto the floor. Give them a broom or rake to allow them to rake the items into a pile. Provide a bin for them to begin to pick up the items and place them into the bin. Once its all been picked up celebrate with them and ask them to spread out the items and rake them up again.

Preschoolers

"Dem Bones" Dance

Materials: "Dem Bones" song from the Learning Station

Description: Play the "Dem Bones" song and guide kids through a series of fun movements inspired by the song's lyrics. Jump up and down like your bones are popping! Stretch your arms high like your skeleton reaching for the sky. Shake your hips and shoulders like rattling bones.



School- Aged

Harvest Relay Race

Materials: Apple, pumpkin, gourds, leaves, baskets,

Description: Set up a start and finish line. Assign a different movement to each item. For example, when they pick up a pumpkin, they can waddle with it between their knees. The second time they pick up a pumpkin, have them do a scarecrow walk with arms out and stiff legs. If they find an apple, they can hop like a squirrel using two-footed jumps. When they reach the leaves, they can do a turkey trot.



Week 12



Book Suggestions

“Bluey: Halloween Mix-and-Match” by Joe Brumm

“The Countryside Holiday: Halloween” by Neil Price

“Stumpkin” by Lucy Ruth Cummins.

“Goodbye Summer, Hello Autumn” by Kenard Pak

“Pumpkin Soup” by Helen Cooper

“The Haunted Mask” by R.L. Stine

“A Very Brave Witch” by Alison McGhee

“Lila and the Jack-o’-lantern” by Nancy Churnin

“It’s Halloween” by Jack Prelutsky

“Halloween ABC” by Eve Merriam

Song Suggestions

“Autumn Leaves Are Falling Down” -
The Learning Station

“Five Little Pumpkins” - Kiboomers

“Monster Mash” - Bobby “Boris”
Pickett & the Crypt-Kickers

“Skeleton Dance’ The Kiboomers

“The Purple People Eater” - Sheb
Wooley.

“Twist and Shout” by The Beatles

“Dynamite” by Kidz Bop

“Monsters Stomp Around the House” -
The Kiboomers

