

## Activity 1      Make a Corn Husk Doll

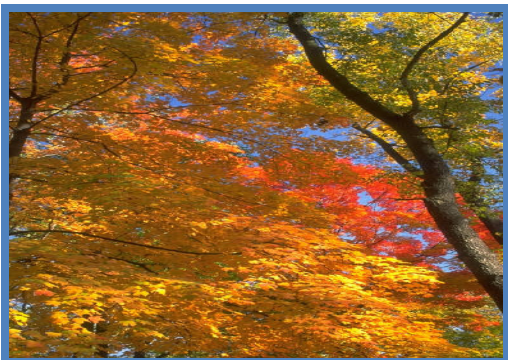


At this time of year there are plenty of corn husks available for decorations. Try your hand at making a corn husk doll following these step by step instructions from the following site.

<http://www.snowowl.com/naartcornhuskdolls2.html>

Follow up with crafting a costume for the doll to complete at another time.

## Activity 2      Autumn Leaves



With so many lovely coloured leaves available, take the opportunity of collecting a variety of leaves and create your own autumn leaf placemat craft.

<http://familycrafts.about.com/cs/leafcrafts/a/blleafplcmt.htm>

## Activity 3      Yom Kippur

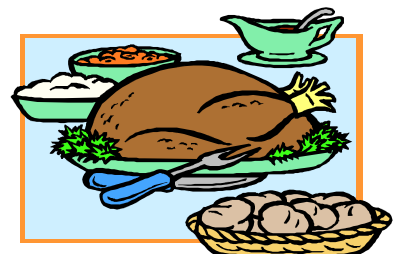


Also known as the “Day of Atonement”, Yom Kippur is one of the holiest days of the year for the Jewish people. There are many observances that occur during this time: No eating and drinking, no wearing of leather shoes, any bathing or washing, no anointing with perfumes or lotions, and no marital relations. Learn more about what this high holiday is about and the importance of these traditions to Jewish culture.

[http://en.wikipedia.org/wiki/Yom\\_Kippur](http://en.wikipedia.org/wiki/Yom_Kippur)

## Activity 4      Thanksgiving

No matter what our state of health or wealth, there are always those who have more, and those who have less. Write a list of the things that you and your family are truly grateful for. It can be as simple as: today the sun is shining, or we are here together today to share a meal, or that we have lots of food on our table, or that we live in a wonderful, safe country. Put this list on the refrigerator door, and review it from time to time.



## Activity 5

## Top 10 Fall Vegetables



We are very fortunate to live in an area that produces such an abundance of fall vegetables. Can you name the top 10 most popular fall vegetables? What are your favourites? Print off a copy of these veggie photos, and have a discussion about why you enjoy or dislike them.

<http://www.marksdailyapple.com/fall-vegetables/>

Make sure you have some veggies on hand when you are having this discussion, so that you can enjoy the freshness of this produce. Add to this activity by making a delicious veggie dip for all to share.

[http://www.cooks.com/rec/search/0,1-0,veggie\\_dip,FF.html](http://www.cooks.com/rec/search/0,1-0,veggie_dip,FF.html)



## Activity 6

## Carve a Pumpkin



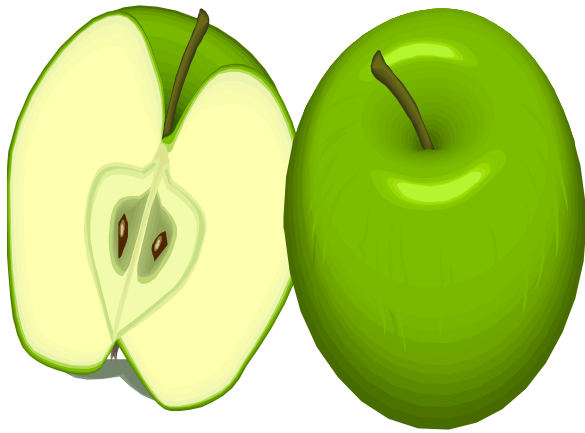
Carving a pumpkin is certainly a tradition for many families. Make this a multi level activity by first going on an outing to select your pumpkin, then by carving your pumpkin. Directions on safe pumpkin carving as well as a variety of free printable stencils are available on this site.

<http://www.hgtv.ca/articles/articledetails.aspx?ContentId=891&cat=2&by=1>



## Activity 7

## Make Home Made Apple Sauce



Apples of all types are available in the fall. Everyone has a variety of apple that they enjoy eating. Some people like to eat it whole, while others cut them into quarters. Apple sauce is a favourite side dish that accompanies some meals, or can be enjoyed as a dessert.

Peeling apples is very therapeutic and stimulates memories of home cooking. For a selection of recipes, check the following site.

[http://www.cooks.com/rec/search/0,1-0,homemade\\_applesauce,FF.html](http://www.cooks.com/rec/search/0,1-0,homemade_applesauce,FF.html)

After you have cooked the applesauce and it has cooled, enjoy a small dish of natural goodness. Sprinkle with cinnamon if desired.



## Activity 8

## Oktoberfest



This worldwide known celebration has expanded to Canada, and Kitchener/Waterloo is home to the second largest Bavarian festival in the world. Recreate some of the festivities by having your own celebration. View past experiences from this official website.

<http://www.oktoberfest.ca/>

Provide a stein and beer, or even root beer if you prefer. Sausage on a bun is a favorite meal as an accompaniment. Why not try to do the “Chicken Dance” together. Song and directions are provided from the following site. Loosen up and share some fun.

[http://entertaining.about.com/gi/o.htm?zi=1/XJ&zTi=1&sdn=entertaining&cdn=style&tm=31&gps=479\\_416\\_1276\\_583&f=10&tt=2&bt=1&bts=1&zu=http%3A//www.whydidthechickencrosstheroad.com/the-chicken-dance.htm](http://entertaining.about.com/gi/o.htm?zi=1/XJ&zTi=1&sdn=entertaining&cdn=style&tm=31&gps=479_416_1276_583&f=10&tt=2&bt=1&bts=1&zu=http%3A//www.whydidthechickencrosstheroad.com/the-chicken-dance.htm)



## Activity 9 Halloween



Here's an activity with a twist on the phrase TRICK or TREAT. Together make the letters in large print, on orange colored paper. Have one person place them around the house. Together go to each room (as you hold an orange sheet of paper as a sample) and retrieve each letter. Come back to a table and place the letters in proper order of spelling. Now that you have done the trick, time for the treat. Provide an appropriate treat that can be enjoyed by all – cookies, pudding, cup of tea, an apple etc. Have a discussion about past Halloween experiences. What costumes did you wear, and any pranks that happened. Perhaps you did not celebrate Halloween, why not? Whatever your age, sharing some time together and enjoying treats is always welcome.

