

This is an excerpt from the Starfall Pre-K Teacher's Guide.

If you have questions or comments, please contact us.

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Starfall[®]



Teacher's Guide

Fall Holidays





Fall Holidays

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Fall

Generally considered to include September, October, and November



This season is often referred to by two names, fall and autumn. Use these terms interchangeably, explaining that both refer to the same season. Explain that the season gets its name because it is typically when leaves turn beautiful colors and fall from the trees.

Provide a visual display of the four seasons, or use the Starfall *Four Seasons* poster, and explain that the year is divided into four seasons based on weather.

If you live in a warmer climate, find photos or check websites that show the changes in nature that occur during this beautiful season.

Book Suggestions

- *Autumn* by Gerda Muller
- *Clifford's First Autumn* by Norman Bridwell
- *Frederick* by Leo Lionni
- *How Do You Know It's Fall?* by Allan Fowler
- *Red Leaf, Yellow Leaf* by Lois Ehlert
- *Sara Squirrel and the Lost Acorns* by Julie Sykes
- *Scarecrow* by Cynthia Rylant
- *Squirrels* by Brian Wildsmith
- *The Listening Walk* by Paul Showers
- *The Little Scarecrow Boy* by Margaret Wise Brown
- *The Stranger* by Chris Van Allsburg
- *Why Do Leaves Change Color?* by Betsy Maestro

Starfall Online Activities

- *Calendar*
- *Starfall Sing-Along: Volume 2, "Autumn Leaves"*



See Harvest Fun for pumpkin-related ideas!

Activities and Crafts

The Listening Walk

Read the suggested book *The Listening Walk* by Paul Showers to teach children how to observe things around them they may usually miss.

Go on your own listening walks around the school grounds. Give each child a small paper bag to fill with many different kinds of fallen leaves, twigs, and seeds.

The children use the leaves collected to create leaf rubbings. Each child chooses a leaf, tapes it to a table, bottom side up to expose the veins, and covers the leaf with a sheet of paper. With the side of a crayon, children gently rub the area of the paper above the leaf. Discuss the shapes and textures of the leaves and veins as they appear.

Materials

- Small paper bag for each child
- Crayons with wrappers removed
- Manila paper

Leaf Oral Language

Distribute leaf shapes. Give children oral directions for positioning the leaves using words such as *on, above, under, beside, beneath, right, left, between, over,* and *below.*

Materials

- Several leaves cut from fall-colored construction paper

Leaf Sorting/Counting

Collect leaves for sorting and counting activities. The children sort them by size, color, or type then resort them by a different attribute. Laminate the leaves to make them last longer, or rub them on both sides with vegetable oil and store them between newspaper sheets with a weight on top for three or four days.

Fall Paper Chains

Decorate the classroom for fall by creating paper chains. The children glue paper strips together to create chains in autumn colors. Talk about color patterns, and decide as a class what the pattern will be.



Materials

- 8"x2" strips of fall-colored
- construction paper

Sponge Painting

The children paint leaves by arranging some on a sheet of construction paper. Use small pieces of rolled tape under the leaves to keep them in place. With a small sponge, they dab fall-colored tempera paint around the outside of the leaves. When the paint is dry, carefully remove the leaves.



Materials

- Fall-colored tempera paint
- Construction paper
- Small sponges
- Tape

Fall Collage

The children use seeds, twigs, and leaves to create fall collages on construction paper. They arrange the leaves and twigs as desired, then glue them in place and allow them to dry. Children compare their collages to illustrations of collages in books.

Materials

- Large sheets of construction paper
- Seeds, twigs, leaves
- Glue

Fall Tree

Cut a tree trunk with bare branches from brown butcher paper and attach it to the wall. As the year progresses, children dress the tree to indicate the season. For fall, they color pre-cut leaves and tape them to and underneath the tree. In winter, they glue cotton balls on and under the tree. In spring, children cut or tear green paper leaves or create paper flowers to tape on the tree. For summer, they create apples or other fruits.

Peppermint Play Dough Leaf Prints

Make peppermint play dough with the children. They measure and mix flour and salt into a large bowl. Slowly add water and vinegar, then stir with a wooden spoon until the mixture is stiff. Discuss the changes in texture.

Help groups of children knead the dough until pliable. Poke your finger into the center of each section of dough and add peppermint extract. Knead the dough until it is smooth. Store it in a plastic bag or sealed container in a refrigerator.

To use the dough for the leaf prints activity, remove it from the refrigerator about five minutes before children are ready to use it so it will be pliable. Children create leaf prints by using a rolling pin to flatten out peppermint play dough. Next, they place a leaf on top, and roll the rolling pin over the leaf to create a print in the dough. They remove the leaf and allow the dough to dry for 24 hours. Children then paint the leaf print using fall-colored tempera paint.

Ingredients

- ¼ tsp. peppermint extract
- 1 teaspoon vinegar
- ½ cup water
- 2 cups flour
- 1 cup salt

Fall Walk

Take your class for a walk around your school grounds to look for signs of fall. Do you see leaves changing color and falling? Do you see birds flying south? Do you see patterns in the environment?

When you return to the classroom, make a list of the fall signs the children noticed. They may help sound out words as you list them on chart paper. Keep the list in view, and add other signs as fall progresses. Complete your fall outing by reading *The Stranger* by Chris Van Allsburg. This story is about a year when fall never comes.

Shared Writing

Write about one of the following topics with the children each week. Use chart paper to record responses, and write each child's name by his or her sentence.

- What do you like to do in the fall?
- Describe how trees look in the fall.
- Which season do you like best?
- How is fall different from summer?

Season Dress Up

Place a variety of clothing items and photographs of clothing in the middle of a circle. Include items such as a sun hat, bathing suit, scarf, short-sleeved shirt, shorts, jacket, coat, winter boots, and other seasonal clothing. The children take turns trying on articles of clothing. The group guesses which season the clothes are appropriate for by sorting the photographs.



Fall Feely Box

Help children learn and identify different textures by making a "Fall Feely Box." Include acorns, pine cones, leaves, nuts, apples, pears, potatoes, carrots, etc. Cut a hole in the top of a shoebox that children can fit their hands into without seeing inside. Change the items periodically to maintain interest. Have the children describe, compare, and sort the items.

Leaf Dancing

The children role-play dancing leaves using Vivaldi or similar classical music and colored scarves. They pretend they are falling, dancing leaves while they move to the music and swirl their scarves. Ask them to share how the music makes them feel.

Games

Leaf Blowing

In pairs, the children play a leaf blowing game and each blow their leaves across a table with straws to see which can reach the other end of the table first.

Snack Suggestion

***Always check for allergies and sensitivities before serving food.**

Fruits and Vegetable Snack

Serve cut-up fall fruits and vegetables (carrots or zucchini sticks, apple or pear slices, broccoli or cauliflower florets, and berries) for a healthy snack. Discuss the texture, shape, color, smell, and taste of each.



Songs and Finger Plays

Scarecrow, Scarecrow

(Melody: "Twinkle Twinkle Little Star")

Scarecrow, scarecrow, turn around
Scarecrow, scarecrow, touch the ground
Stand up tall and blink your eyes
Raise your hands up to the skies
Turn around and tap your feet
Fold your arms so very neat.

Scarecrow, scarecrow, touch your toes
Scarecrow, scarecrow, tap your nose
Swing your arms so very slow
Now real fast to scare the crows!
Touch your head, jump up and down
Now sit down without a sound.

Autumn Leaves (Finger Play)

Orange and red, yellow and brown,
(Count off the colors on fingers.)

Autumn leaves are falling down
(Wiggle hands and fingers
to show leaves falling.)

Let's rake them into a pile so high,
(Pretend to rake leaves.)

And jump right in, you and I!
(Jump into pretend pile of leaves.)

Grandparent's Day

Celebrated the first Sunday after Labor Day

Celebrate National Grandparent's Day by inviting grandparents to visit the classroom to share in this special day. Give them the opportunity to see what their grandchildren do in the classroom. For those children who do not have grandparents living in the area, invite another family member to attend.

Book Suggestions

- *Hurrah for Grandparent's Day* by Nancy Carlson
- *Just Grandma and Me* by Mercer Mayer
- *Just Grandpa and Me* by Mercer Mayer
- *Little Bear's Visit* by Else Holmelund Minarik
- *Nana Upstairs, Nana Downstairs* by Tomie de Paola
- *Grandfather's Journey* by Allen Say
- *Grandma, Grandpa, and Me* by Mercer Mayer
- *Grandma's Gift* by Eric Valasquez
- *Grandparent's Day* by Nikki Tate

Starfall Online Activities

- *Holidays: Grandparent's Day*



Activities and Crafts

Prior to Grandparent's Day, take a digital photo of each child. Fold sheets of construction paper in half to create greeting cards. Glue photos to the front, and the children decorate the cards and illustrate the inside. Children present the cards on Grandparent's Day.

Create a language experience chart by asking each child what he or she likes best about visiting with grandmother and/or grandfather. Write the child's dictated sentence on the chart paper. (Examples: Zoe said, "I like to bake cookies with my grandmother." Jeremy said, "I like to go fishing with my grandpa.") Display the chart in the classroom and read it aloud on Grandparent's Day.

Teach the children how to say Grandfather and Grandmother in other languages and discuss how family members may have moved to here from other countries and may speak different languages.

- Spanish — *abuelo y abuela*
- Italian — *nonno et nonna*
- Dutch — *opa en oma*
- Swedish — *farfar och farmor*
- French — *grand-pere et grand-mere*

Take photos in the classroom of children with their visiting grandparents (or other family members) to place on the bulletin board. Children whose grandparents don't live nearby illustrate themselves with their grandparents. Encourage children to learn about their cultural heritages from their family members.

Games

Meet Grandma and Grandpa

Invite visiting grandparents to talk about their favorite games as children, and ask them to teach a few of the inside or outside games to the class.

Recipes

***Always check for allergies and sensitivities before serving food.**

Peanut Butter, Oatmeal, and Banana Cookies

Invite grandparents to join the children for snack and serve cookies. Children serve grandparents (or other family members) first. You may also invite the grandparents to join the children for lunch. Be sure to discuss appropriate behavior with visitors.

In a large bowl, children help mash bananas with a fork until smooth. Measure and add peanut butter, milk, vanilla, and maple syrup and mix well. Add remaining ingredients and stir until well combined.

Drop spoonfuls of dough onto an ungreased cookie sheet and bake 13-16 minutes at 350 degrees, or until done.

Materials

- | | |
|--------------------------|---|
| <input type="checkbox"/> | ½ cup peanut butter |
| <input type="checkbox"/> | 2 ripe bananas
(overripe is fine) |
| <input type="checkbox"/> | 1 tsp vanilla |
| <input type="checkbox"/> | 4 tbsp milk |
| <input type="checkbox"/> | 2 tbsp maple syrup |
| <input type="checkbox"/> | 2 ½ cups quick cooking
or rolled oatmeal |
| <input type="checkbox"/> | dash cinnamon |
| <input type="checkbox"/> | ¼ cup flour |

Finger Play

Grandma and Grandpa's Glasses

*These are grandma's glasses,
(make circles around each eye
with fingers)*

*This is grandma's hat,
(hold fingers interlocked over head)*

*This is the way she folds her hands,
(fold hands)*

*And puts them on her lap.
(put hands in lap)*

*These are Grandpa's glasses,
(same as above)*

*This is Grandpa's cap,
(same as above)*

*And this is the way he folds his arms,
(fold arms across chest)*

And THAT IS THAT!

Johnny Appleseed

September 26th

The first apple trees in the United States were planted by the pilgrims in Massachusetts. In the early 1800's Johnny Appleseed traveled across the Ohio Valley carrying bags of apple seeds, planting them as he traveled westward.

Johnny Appleseed spent most of his life planting apple seeds. His real name was John Chapman. He was born on September 26, 1774 in Massachusetts. It was Johnny Appleseed who created apple orchards in Kentucky, Illinois, Ohio, Pennsylvania and Indiana. Locate these states on a map as a reference for the children. Some trees that Johnny planted over 200 years ago are still bearing apples!

Johnny Appleseed's dream was to live in a land where apple trees were everywhere so no one would go hungry. He was a friend to everyone he met, even the animals.



Book Suggestions

- *Apple Picking Time* by Michele B. Slowson
- *Apples* by Gail Gibbons
- *Big Red Apple* by Tony Johnston
- *I Am an Apple* by Jean Marzollo
- *John Chapman: The Man Who Was Johnny Appleseed* by Carol Greene
- *Johnny Appleseed* by Patricia Demuth
- *Johnny Appleseed* by Steven Kellogg
- *Picking Apples and Pumpkins* by Amy Hutchings
- *The Seasons of Arnold's Apple Tree* by Gail Gibbons

Starfall Online Activities

- ABC's: Aa



Activities and Crafts

Sink or Float?

Prepare a chart paper with the headings "Yes" and "No."

The children predict if an apple will sink or float, and explain their choices as they write their names on the chart under their predictions. Place the apple in water to determine if it sinks or floats. Repeat with other fruits or vegetables. Discuss the results.

Materials

- Apple and other fruits or vegetables
- Tub of water
- Chart paper
- Marker

Weighing an Apple

Place an apple on one side of the balance scale. Children estimate how many objects to place on the other side of the scale to equal the weight of the apple, then test it. Repeat with several different types of objects.

Materials

- Variety of objects such as Markers, pencils, small blocks, etc.
- Balance scale
- Apple

Johnny Appleseed Headbands

Staple two 6" x 12" black construction paper strips end-to-end. The children draw, color, and cut out apples to decorate their headbands.

Apple Shared Writing

Children examine the apples and then do a shared writing to describe them. Write each sentence on chart paper beginning: "An apple is _____," followed by the child's name. Responses might include red, green, round, shiny, hard, sweet, ripe, etc. Add children's names next to repeat responses.

Materials

- Chart paper
- Marker
- Apple

Apple Math: Estimation

Estimate the number of seeds in an apple.

Prepare an Estimation Chart. Write each child's name and estimation on the chart. Include your estimate, and Gingerbread Boy's.

Cut the apple in half and remove seeds. The children place them in a line and count them. Discuss how the estimates relate to the actual number of seeds in the apple. Are the estimates more, less or the same? How accurate were the estimates?

Materials

- Apple
- Knife
- Chart paper, marker

Apple Painting

Place a damp, quarter-folded paper towel on each plate, one for each paint color. Pour a small amount of paint on each paper towel. Using paint from the paper towels, children stamp apple prints onto large sheets of paper. Lead the children to reflect on the results.

Variation: Encourage the children to create patterns (red, red, green or yellow, green or red, yellow, green, etc.).

Apple Sort

Children form three large circles using yarn. Place a color Picture Card in each circle. Children sort apples according to color. Challenge them to find other ways to sort such as with/without stems; large/small, bumpy/smooth, or speckled/not speckled.



Songs and Rhymes

Starfall's Selected Nursery Rhymes page 24, "Little Jack Horner"

(Recite the rhyme, replacing "Christmas" with "apple.")

Starfall's Selected Nursery Rhymes page 31, "Pease Porridge"

(Recite the rhyme, replacing "Pease Porridge" with "Apple Cider.")

Starfall's Selected Nursery Rhymes page 44, "Three Little Kittens"

Apple Tree

Way up high in an apple tree
Lots of apples looking at me
I shook the tree as hard as I could
Down came some apples.
Wow, they were good!

Ten Little Apples

(Melody: Ten Little Indians)

One little, two little, three little apples,
Four little, five little, six little apples,
Seven little, eight little, nine little apples,
Ten red apples in the tree.

Variation: Change "little" to "red," "yellow," or "green."

Materials

- Several apples sliced in half to show the stars
- Bowls of red, yellow, and green paint
- Large drawing paper
- Three paper plates
- Paper towel

Materials

- Picture Cards: red, yellow, green
- Three pieces of yarn (to form three circles)
- Several red, yellow, and green apples
- Large basket

Johnny Appleseed

Introduce Johnny Appleseed by wearing a pot on your head and carry a bag of apples and seeds. Read a story about Johnny Appleseed while wearing the pot as a hat. Discuss differences between life in the past and in the present.

Materials

- Book about Johnny Appleseed
- Pot with a handle that will fit on your head
- Bag of apples
- Bag of seeds

Apple Tree

Give each child a paper plate and one paint color: red, yellow or green. Children paint the paper plates. After the paint dries, the children tear brown stems to add to their apples. They then glue real apple seeds to their plates. Attach the apples to your tree.



Materials

- Brown construction paper scraps
- Prepared tree with no apples
- Small paper plate for each child
- Red, yellow, and green paint
- Seeds
- Glue

Games

Apple Hide and Seek

A volunteer turns away from you as you hide an apple. The rest of the class observes where you hide it. The volunteer searches for the apple. The class tells the child if he or she is "hot" or "cold." Explain that "hot" means the searching child is close to the apple; "cold" means he or she is not near the apple. Once the apple is found, the volunteer chooses the next child.

Apple Relay

Place two baskets on a table at one end of the classroom. Put half of the apples in each basket. Place two empty baskets on a table at the other end of the classroom.

Divide the class into two teams. The teams stand in line, with the first child by the table with the apples, and the last child by the other table.

Explain that the children will help Johnny with his apples. They will transfer all the apples from the full baskets to the empty ones. When you say "start," the first child on each team will take an apple and pass it to the next child down the line to the last child, who places it in the empty basket. Repeat this process until one team empties its basket.

Materials

- One apple for each child
- Four laundry baskets

Pass the Apple

Play this game like "Hot Potato." Children sit in a circle and pass an apple around the circle while music is playing. When the music stops, the child holding the apple sits in the middle, or the "apple orchard," until the music stops again. Then the next child replaces the first. You may also chant "hot apple, hot apple 1, 2, 3, 4, 5, 6, 7, 8, 9, 10" and the child who has the apple on 10 is in the "apple orchard." You may count to a number higher or lower instead, depending on the ability of your group.

Materials

- An apple
- Music

Apple Toss

Create a line on the floor with masking tape. Place the basket a couple of feet away from the line. Children stand behind the line, and try to toss the balls or bean bags into the basket. Discuss that the word "toss" means almost the same thing as "throw."

Materials

- Bean bags or small red balls
- Laundry basket
- Masking tape

Recipes*

**Always check for allergies and sensitivities before serving food.*

Applesauce

Peel, core, and slice apples into eight pieces each (or carefully assist children to slice them using plastic knives). Place the apples in a pot along with the water, cinnamon, and sugar. Cover and simmer until the apples are tender (about 30 minutes). Children predict what changes will take place as the apples cook and check their predictions.

Allow apples to cool, then the children mash them in a bowl using a potato masher to make applesauce. This recipe serves 10. Increase ingredient quantities according to class size.

Ants on an Apple

Children use plastic knives, spoons, or craft sticks to peanut butter on apple slices then add raisins to create “ants on an apple.”

Apple Pancakes

Use your favorite pancake recipe and assist the children to measure the ingredients and mix the batter. Add chopped apples and cinnamon and cook as usual. Top cooked pancakes with warm applesauce.

Ingredients

- 1 tablespoon sugar (optional)
- 1 teaspoon cinnamon
- Five apples
- ½ cup water

Materials

- Cups, craft sticks, plastic knives and spoons

Harvest Fun

October

Book Suggestions

- *Apples and Pumpkins* by Anne F. Rockwell
- *Arthur's Halloween* by Marc Brown
- *Clifford's First Halloween* by Norman Bridwell
- *Corduroy's Best Halloween Ever* by Don Freeman
- *Franklin's Halloween* by Paulette Bourgeois
- *Pooh's Happy Halloween* by Disney Press Staff
- *Pumpkin Circle* by George Levenson
- *The Berenstain Bears Trick or Treat* by Stan and Jan Berenstain
- *The Biggest Pumpkin Ever* by Steven Kroll
- *The Little Old Lady Who Was Not Afraid of Anything* by Linda Williams
- *The Pumpkin Book* by Gail Gibbons
- *The Pumpkin Patch* by Elizabeth King
- *Too Many Pumpkins* by Linda White

Starfall Online Activities

- Calendar
- *Holidays: Pick a Pumpkin*
- Starfall.com: *I'm Reading:*
Fiction/Nonfiction:
"Pumpkin, Pumpkin"



Activities and Crafts

Fruits and Vegetable Prints

Use fruits and vegetables that are being harvested at this time for a simple painting activity. Slice apples, squash, and small pumpkins in half and remove any seeds. Place several colors of paint in small bowls on tables where the children can reach them. Children dip the fruit or vegetable flesh-side-down into the paint and then press it onto construction paper like a stamp. Encourage the children to experiment with different colors and to use all of the fruits and vegetables in their designs.

Materials

- Seasonal fruits and vegetables (apples, squash, small pumpkins) sliced seeded
- Fall-colored tempera paint in small bowls
- Construction paper

Corncob Prints

Shuck and remove the kernels from corncobs. Select different colored paints and pour small amounts into shallow pans. Next, lay out large sheets of paper for the children and have cob holders handy for the corncobs. Children roll the corncobs in the paint(s) and onto the paper to create customized designs.

Materials

- Tempera paint (various colors) in shallow pans
- Large sheets of construction paper
- Cob holders
- Corn cobs

Variation: Use muslin or other fabric in place of the paper. The children make corncob prints to decorate a table cloth that can be used during snack.

Seed Science

Compare pumpkin seeds with the seeds of other fruits like apples, peaches, oranges, plums, etc. by either showing children the actual seeds or by looking at pictures in books or on the Internet. Discuss size, quantity, shape, texture, and color. Create a list of words that describe the seeds.

Materials

- Seeds of apples, peaches, oranges, plums or other fruits (or pictures)
- Pumpkin seeds

Fall Dress Up

Provide additional dress up items in the Dramatic Play Center such as dresses, high-heeled shoes, scarves, plastic hats, sports jackets, and children's costumes. Challenge children to create costumes using what is available and model them for the class.

Slime

Pour one part liquid starch and two parts white school glue into a bowl. Add food coloring if desired. Mix until the ingredients form a workable ball. Provide children with their own ingredients in individual cups and a disposable bowl and spoon so they can mix their own slime. The children discuss the changes they observed.

Materials

- Disposable cup, bowl, and spoon for each child
- Food coloring (optional)
- Liquid starch
- Glue

Open Market Dramatic Play

Set up a center as a fruit and vegetable stand with pumpkins, apples, gourds, eggplants, and other fall produce. Children use available scales to weigh them and sell them to each other.

Pumpkin Math

Show children how to use a cloth tape measure by measuring a child's waist. Write the number on the board.

Instruct the children to look at the pumpkin, and ask questions such as: *What shape is it?* and *Does it look like a circle?* Measure the distance around the pumpkin. Explain you are measuring the circumference, or the distance around a circle. Write the number on the board. Compare the difference in the measurements. Is the pumpkin's circumference larger or smaller than the child's? Repeat using other pumpkins and children. Then have the children order the pumpkins from smallest to largest.

Materials

- Cloth tape measure
- Pumpkins

Harvest Sticker Match Up

Obtain pairs of identical harvest-themed stickers. Place one set on small index cards (one per card). Place the other set on a sheet of sturdy paper or a file folder. Children match the stickers on the index cards to those on the paper (or folder). The stickers could also be placed on two sets of index cards and used to play "Concentration."

Materials

- Pairs of identical harvest stickers on index cards and sturdy paper (or file folders)

Treat a Nursing Home

If field trips are an option, consider having the children dress up and visit a local nursing home. They may sing songs as they walk through the halls.

Apples and Pumpkins

Compare and contrast an apple and a pumpkin using a Venn diagram. Shape one half like an apple and the other like a pumpkin.

Games

Pumpkin Race

Set up start and finish lines. Children race to get their pumpkins over the finish line, using only their feet to slide the pumpkins along. No kicking the pumpkins like footballs!

Materials

Small pumpkin for each child

Pass the Pumpkin

Sit in a circle. Provide a plastic pumpkin for children to pass while volunteers take turns to beat on a drum. Children pass the pumpkin to the tempo of the beats. Encourage volunteers to alternate between slow and fast. When the music stops, the child who has the pumpkin stands and takes a bow. Repeat this several times.

Harvest Obstacle Course

Use bales of hay for the children to climb or jump over for part of the course. Another part may include small pumpkins to jump over. Children throw hula-hoops over larger pumpkins.

Pin the Stem on the Pumpkin

Prepare a large construction paper pumpkin and a stem for each child. Write each child's name on the stems. Blindfold children and play as you would "Pin the Tail on the Donkey." When all have had a turn, observe whose stem is closest to the correct place.

Recipes*

***Always check for allergies and sensitivities before serving food.**

Pumpkin Juice

Have the children predict what would happen if you add food coloring to milk. Then they may predict what colors to add in order to create the color orange. They observe as you add a couple of drops of orange food coloring to milk to create "pumpkin juice." Discuss the accuracy of their predictions. Provide cups and straws for the children to enjoy the "pumpkin juice."

Roasted Pumpkin Seeds

Save the seeds from the pumpkin you carve into a jack-o-lantern for a delicious and healthy snack. After the seeds have been removed from the pumpkin, wash them in a colander under running water, removing as much of the stringy material as possible.

Spread the seeds in a thin layer on a cookie sheet. Coat them with melted butter or vegetable oil and sprinkle them lightly with salt. Place them in the oven and bake at 250 degrees for about an hour and a half, shaking the cookie sheet every now and then. The seeds should be removed from the oven when they are a light golden brown color. Discuss the changes the children observe in the seeds. Cool seeds completely before eating.



Songs and Rhymes

The Pumpkin on the Vine (Melody: "The Farmer in the Dell")

The pumpkin on the vine,
the pumpkin on the vine,
I picked the one that weighed a ton
And that's the one that's mine.

I made two funny eyes,
A mouth that's oversize.
The other gook my mother took
For baking pumpkin pies.

Oh, the pumpkin on the vine,
the pumpkin on the vine,
Is now a jack-o-lantern
and you ought to see it shine.

Five Little Pumpkins

Five little pumpkins sitting on a gate.
The first one said, "Oh my, it's getting late."
The second one said, "There are witches in the air!"
The third one said, "But we don't care."
The fourth one said, "Let's run and run and run."
The fifth one said, "Isn't Halloween fun?"

Whoosh! Went the wind,
And out went the light,
And the five little pumpkins rolled out of sight!

Ten Little Pumpkins (Melody: "Ten Little Indians")

One little, two little, three little pumpkins,
Four little, five little, six little pumpkins.
Seven little, eight little, nine little pumpkins,
Ten little pumpkins in the pumpkin patch.

(Try singing the song again starting with
ten and counting backward!)

Thanksgiving

Fourth Thursday of November (US) or the second Monday of October (Canada)

On Thanksgiving we remember the settlers who gave thanks for a plentiful harvest. The pilgrims and the Native Americans celebrated together, and feasted on geese, ducks, deer, corn, oysters, fish, and berries.

Research the first Thanksgiving with the children and discuss Native American culture. One aspect of Thanksgiving involves gratitude for having enough food to eat. Encourage children to help buy groceries for a food bank, or make a donation to a local soup kitchen.

Whatever Thanksgiving may have been in the past, it is now a time for people to celebrate with family and friends, to be grateful for what they have, and to help those who may have less. Use this time to discuss the difference between wants and needs.

Book Suggestions

- *A Turkey for Thanksgiving* by Eve Bunting
- *Arthur's Thanksgiving* by Marc Brown
- *Best Thanksgiving Book* by Patricia Whitehead
- *Cranberry Thanksgiving* by Harry Devlin
- *Farmer Goff and His Turkey Sam* by Brian Schattell
- *Franklin's Thanksgiving* by Sharon Jennings
- *I Know an Old Lady Who Swallowed a Pie* by Alison Jackson
- *My First Thanksgiving* by Tomie de Paola
- *Sometimes It's Turkey--- Sometimes It's Feathers* by Lorna Balian
- *Oh, What A Thanksgiving* by Steven Kroll
- *Over the River and Through the Woods illustrated* by John Gurney
- *Thanksgiving Day* by Ann Rockwell
- *Thanksgiving Day* by Gail Gibbons
- *The Berenstain Bears Count Their Blessings* by Stan and Jan Berenstain
- *The Night Before Thanksgiving* by Natasha Wing
- *Twas the Night Before Thanksgiving* by Dav Pilkey
- *What is Thanksgiving?* by Harriet Ziefert

Starfall Online Activities

- *Holidays: Turkey*



Activities and Crafts

Indian Corn Picture

This is a fun craft activity since the finished product so closely resembles the real thing. Allow children time to observe and describe an ear of Indian corn. Discuss the fact that the kernels of corn are actually seeds that produce more corn plants and corn.

Help children draw an ear of corn shape on a sheet of construction paper. They then crumple small pieces of tissue paper (red, brown, black, yellow, and orange, to represent the kernels) and glue them in rows to create an ear of corn.

Optional: Encourage children to create patterns as they glue the tissue paper kernels.

Materials

- Small pieces of fall-colored tissue paper
- Construction paper
- Ear of Indian corn

Giving Thanks Class Book

The children think of things they are thankful for, and illustrate them. Each child's page might read: "_____ is thankful for _____." Example: "Jeffrey is thankful for friends." Insert each paper into a plastic sleeve to form a class book. The children take turns to read their pages to the class.

Thanksgiving Cards

Assist children to create Thanksgiving cards on a computer. Print their messages and allow them to decorate their cards. Consider sending cards with food donations to local soup kitchens or food banks.

Materials

- Markers, crayons
- Printer
- Paper

Thanksgiving Meal

The children cut pictures of their favorite foods from grocery store advertisements, newspapers, and recycled magazines and glue them on a paper plate. Encourage them to make healthy choices and discuss the reason for using recycled materials.

Materials

- Recycled magazines
- Paper plate for each child
- Glue
- Grocery store ads

Bean and Corn Patterns

The children use several varieties of dried beans and corn (or Indian corn) kernels to create patterns.



Count the Popcorn

Provide cupcake liners or coffee filters. In the bottom of each, write numerals. Give children popcorn, and instruct them to place the correct number of popped corn into each container to match the number written inside. After children are finished, they may eat the sets! Remind them to wash their hands before starting the activity.

Note: Choose numbers based on children's ability level and your state standards.

Materials

- Cupcake liners or coffee filters with numerals written on the bottom
- Popcorn

Songs and Rhymes

Starfall's Selected Nursery Rhymes Book and CD: page 4, Track 1, "A-Tisket, A-Tasket"

Turkey Pokey
(Melody: "Hokey Pokey")

*You put your right wing in.
You put your right wing out.
You put your right wing in,
And you shake it all about.
You do the turkey pokey
And you turn your self around.
That's what it's all about.*

Additional verses:

- Left wing (left arm)
- Turkey legs (legs)
- Wattle (head)
- Tail feathers (bottom)
- Turkey body (whole self)

If You're Thankful and You Know It
(Melody: "If You're Happy and You Know It")

*If you're thankful and you know it, clap your hands.
If you're thankful and you know it, clap your hands.
If you're thankful and you know it,
then your face will surely show it.
If you're thankful and you know it, clap your hands.*

Repeat using:

*Stomp your feet
Shout, "I am!"
Do all three*

Games

Turkey Keeper

Name one of the children the "Turkey Keeper." Instruct the Turkey Keeper to close his or her eyes while you hide your turkey somewhere in the classroom.

The Turkey Keeper opens his or her eyes and begins to search for the turkey. If the child begins walking in the direction of the turkey, the rest of the children provide a clue by saying, "Gobble, gobble!" As the Keeper gets closer to the turkey, the children use louder voices. If the Keeper gets farther away, the children use quiet voices. Once the turkey is found, another child becomes the Turkey Keeper.

Pin the Gobbler on the Turkey

Play like "Pin the Tail on the Donkey"

Duck Duck Turkey

Play like "Duck Duck Goose."

Recipes*

**Always check for allergies and sensitivities before serving food.*

Cornbread

In a mixing bowl, measure and combine flour, cornmeal, baking powder, and salt. Push the ingredients to the sides of the bowl, making a well in the center. Next, combine the eggs, milk, and oil (or shortening). Add to the dry ingredients. Stir until smooth. Pour into a greased 8 or 9-inch square pan. Bake at 425 degrees for 20 to 25 minutes, or until a toothpick comes out clean. Discuss the changes baking caused as you allow the cornbread to cool, and then cut it into squares to serve.

For corn muffins, spoon batter into greased muffin cups and bake for 15 to 20 minutes. The recipe makes about 12 muffins.

Pumpkin Pies

Stir the vanilla pudding and canned pumpkin together. The children take turns to spoon the mixture into the mini pie crusts. Top with whipped topping.

Friendship Fruit Salad

Each child brings fruit from home. Sort and graph the fruits and discuss the results. Make a huge fruit salad with everyone's contribution. Discuss how different kinds of fruit create one delicious fruit salad, just like having different children in the class form one happy class. Serve with homemade butter and cornbread.

Read the Starfall book about fruit salad: *Let's Eat! A book about delicious colors.*

Materials

- Turkey picture or stuffed animal



Ingredients

- ¼ cup oil or melted shortening
- 4 teaspoons baking powder
- 2 eggs, slightly beaten
- 1 cup cornmeal
- 1 teaspoon salt
- 1 cup flour
- 1 cup milk

Ingredients

- 1 tablespoon canned pumpkin
- 1 tablespoon whipped topping
- 3 tablespoons vanilla pudding
- Mini graham cracker crusts

