

CHANGING LEAVES

CHILDRENS ENVIRONMENTAL HEALTH ACTIVITY GUIDE



EXPLORATION

This is one of the most beautiful times of the year to get out and see what your community has to offer. Run, Bike, Walk, and Explore! Try some fall scavenger hunts to bring an added layer of fun to your outside adventure.

**NB Hiking
Trail guide**

**DIY
Playdough
Recipe**

CRAFTS

The changing leaves don't just make for beautiful views, they make beautiful crafts too! Try some of these fun crafts below:

- Leaf tracings
- Leaf, pinecone and acorn animals
- Leaf play dough impressions

ACTIVITIES

There is a lot of fun that can be had outside in the fall.

Give some of these activities a try

- Local Apple Picking
- Leaf Pile Jumping
- Geo Caching
- Bird Watching
- Hay Rides
- Corn Mazes

RECIPIES

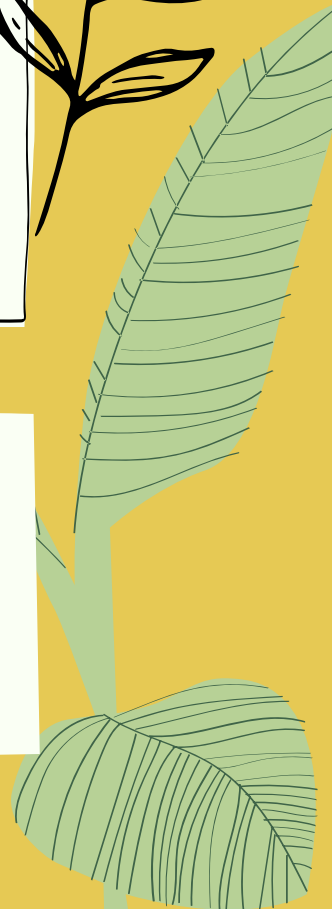
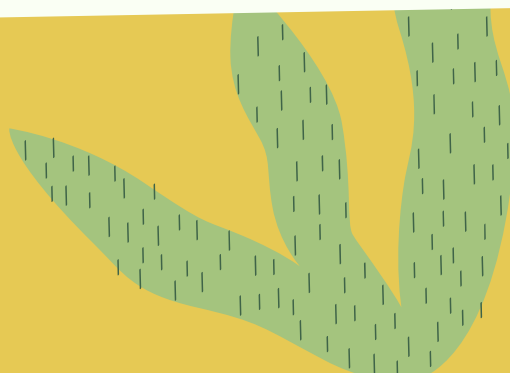
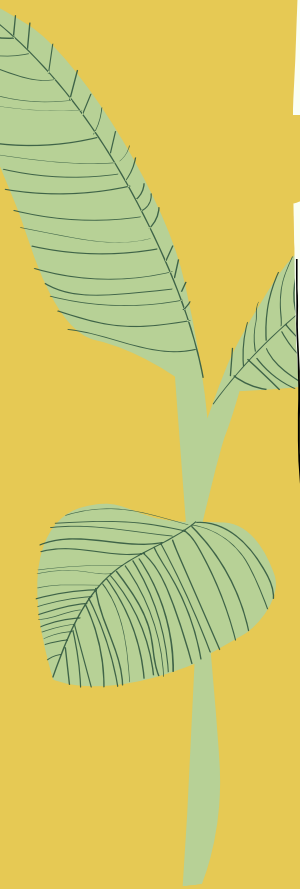
Apple sauce

1. Take your freshly picked apples, wash and core them, and cut into quarters, keeping the skin on.
2. Steam the apples on the stove top for 15min or until tender when poked with a fork
3. Place them in a blender once cooled, and blend until smooth. Add in 2 tsp of cinnamon before blending for an added sweet flavour.
4. Store in a glass container in the fridge for up to 5 days, or freeze for up to a month.

BOOKS

Checkout these books on Autumn at the Library:

- Leif and the fall
- Summer Green to Autumn Gold
- Mii maanda ezhi-gkendmaanh / This Is How I Know



USE A WHOLE PUMPKIN



A QUICK GUIDE ON HOW TO USE YOUR WHOLE PUMPKIN THIS FALL

DECORATE

There are many ways to use pumpkins as fall decor. Here are some options for you to try:

Jack-o-Lantern

Paint

Leave them as is

Save to use later by freezing in a silicone ice cube tray!

PUMPKIN PURREE

Recipe:

Once the pumpkin is deseeded, peel the skin off the flesh of the pumpkin. Cut the flesh into 3 inch cubes, toss them in 1-2tbsp olive oil. Bake at 350F for 45 min or until tender when poked with a fork. Remove from oven and let sit until cool. Place in a blender and blend until smooth.

SAVE SOME SEEDS

How to:

Rinse off the seeds and lay flat to dry. Keep out in a cool dark place for a week to ensure thoroughly dry. Once completely dry place in a storage bag/container for planting next year.

COMPOST OR FEED SOME ANIMALS

Leftover pumpkin scrapes can be easily composted in your compost bin. (check out our section on compost fun [here](#)). Another option if you don't have a compost, is to leave your pumpkins out in the woods for birds, squirrels and deer to nibble on!

If you chose to paint your pumpkin, don't leave those ones out for animals. The paint could make them sick!

ROAST SOME SEEDS

Make a yummy snack by roasting some pumpkin seeds!

Find our favourite recipe at NBEN.CA

