

## This autumn, take some time to play outside!

With autumn just around the corner, we can expect colder days, the leaves of the trees changing color and taking on the beautiful colours of red, yellow, and orange before falling on the ground. Why not take advantage of the season by going outside and observing all the wonderful changes happening in nature or by taking a walk outside in your neighborhood? Or even better yet, go out and play in a park?

Here are some other ideas to choose from:

- Take a stroll outdoors and ask your children to make a list of objects, plants and animals that they see along the way. Also ask them to note the similarities and differences between what they see in the fall and in the summer (for example: leaves, birds, flowers, trees, etc.). Upon your return to the centre, the children can also draw what they observed on their walk.
- Rake the dead leaves into a huge pile for the children to jump in and then pile them up once more so the children can jump in again.
- Organize an outdoor obstacle course us-

ing the objects that are already in place (for example: run around a tree, crawl on the ground or through a tunnel (in the park), do somersaults, crawl under an object, jump over a line made by using a skipping rope extended on the ground, do 5 frog jumps, gallop, etc.).

- Pick up leaves, twigs, acorns, shells, rocks, moss, etc. before making a herbarium or a collage upon returning to the centre.
- Use your imagination, there's no limit to the fun activities that can be done this autumn!

Before going outside you can read the book *1001 Things to Spot in the Town* by Anna Milbourne and *I Took a Walk* by Henry Cole. For more ideas, check out the activity 'Walking and talking' from the HOP guide on pages 102-103.

**Sources:**  
 LEAP HOP, pp. 98-99.  
 Cameron, Catherine. "Fall fun – family style!", *Participation*, September 25, 2013, <http://www.participation.com/fall-fun-family-style/>  
 "On joue dehors!", *Naitre et grandir*, <http://naitreetgrandir.com/fr/etape/3-5-ans/apprentissage-jeux/>

[fiche.aspx?doc=bg-naitre-grandir-enfant-activite-exterieure-jouer-dehors](http://www.hop.ca/fiche.aspx?doc=bg-naitre-grandir-enfant-activite-exterieure-jouer-dehors)



## I love apples!

With the return of September and autumn in the air also comes the harvest time of fresh



fruits and vegetables. It's an ideal opportunity to learn about apples and other fruits that

grow in trees (feel free to choose a fruit that grows in your region during this time of year).

Start the exercise by explaining to the children where fruits such as apples come from by showing them a picture of an apple tree. Continue by explaining that some fruits have seeds on the inside and that the seeds are planted. If they are well taken care of with regular watering they will grow and become trees, which will eventually bear more fruits.

After you have discussed where apples come from, you can lead an activity to learn more about apples (or another fruit of your choosing). For example, you can pass around a variety of different types for the children to discover, which they can observe, touch and smell. Then you can discuss the different characteristics that they remark about the fruit like

the colour, form, size, texture, skin, etc. You can also ask questions to compare apples with other fruits or vegetables that they may know of (for example: which fruits are smaller than apples?). You can also finish off the activity by giving the students a chance to taste the different types of apples (ideally different colours and varieties) and by discussing the different types of tastes (sugary, bitter, etc.)

For more activity ideas, check out "Bundles of Fun: Fruits in trees" on pages 108-110 in *LEAP Food Flair*. You can also lead an activity for the children to make apple sauce (check out our recipe of the month in the section "Let's Make!") and read the book *Apple Pie Tree* by Zoe Hall (check out our book of the month in the section "Active Books in your Library").



# Let's make: Crock Pot Applesauce\*

\*Source: LEAP Food Flair, Legacies Now, p. 125.

## What you need:

8-10 large apples  
1 tsp. lemon juice  
½ cup water  
½ tsp. cinnamon  
1/8 tsp. nutmeg

## How to:

1. Choose naturally sweet apples such as Golden Delicious or Gala.

2. Peel apples, core and slice thinly.
3. Combine apples, lemon juice and water in crock pot.
4. Cover and cook on low for four hours or until apples are very soft. If you don't have a crock pot, simmer in an uncovered saucepan for about 10 minutes.
5. Add cinnamon and nutmeg.

Serves 10-12 children.



## Healthy Start@Home

For many people, September is synonymous with back-to-school activities and a return to one's pre-summer routine. For others, it signifies a return to the joys of active transport methods and the pleasure that comes with going to school or work by foot, bicycle or rollerblades.

According to the 2014 Report Card on Physical Activity for Children and Youth, only 24% of Canadian children, aged 5 to 17 take active modes of transport (walk, bicycle, etc.) to get to school, compared to 58% of their parents when they were of the same age. Many of the reasons cited to explain the decrease in physical activity are due to lack of time, less security for children and too long of a distance to commute.

Based on the Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines, children aged 1 to 4 years old should have at least **180 minutes of physical activity per day**, and those aged 5 to 11 years old should have at least **60 minutes of moderate to vigorous physical activity per day**. Walking or using one's bicycle to commute to school is a great way to include physical activity in one's daily routine for children and their parents. Active transport methods not only increase the amount of physical activity that people get, but they also help improve one's health, and assist with children's academic abilities (reducing stress, better test results, better concentration and better sleep).



Here are some tips to help you integrate active modes of transport into your routine:

- Wear weather appropriate clothes for the temperature (rain, wind, cold, etc.)
- If the children in your care are too young to walk to daycare on their own, create a partnership with another family from your neighbourhood. Then you and they can alternate accompanying them to daycare each day.

- Give yourself time when commuting in order to take advantage of precious moments in the company of your children.
- If you live too far away to use active transport, park your vehicle a few blocks away from your final destination and walk with your children until you arrive.
- With help from other parents and the school, put in place a system of "active and safe routes" giving children a chance to safely move around by foot or on their bicycles.

## Sources :

Report Card On Physical Activity for Children and Youth: Is Canada in the Run-ning?, Active Healthy Kids Canada, <http://www.activehealthykids.ca/ReportCard/>  
Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines, Canadian Society for Exercise Physiology, [www.csep.ca/guidelines](http://www.csep.ca/guidelines)  
Cameron, Catherine. "Active transportation makes sense for kids", *ParticipACTION*, May 2<sup>nd</sup>, 2014, <http://www.participaction.com/active-transportation-makes-sense-for-kids-too/>  
Fireman, Lori. "7 ways to get your kids to walk to school smiling, even in winter", *Active for Life*, March 17, 2014, <http://activeforlife.com/get-your-kids-to-walk-to-school-smiling/>  
Kyllo, Blaine. "The joy of biking to school", *Active for Life*, September 17, 2012, <http://activeforlife.com/biking-to-school/>

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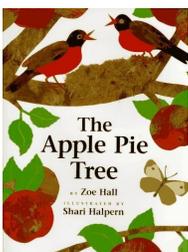


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## Active Books in your Library



*The Apple Pie Tree* by Zoe Hall is about two sisters who rejoice as the colorful blossoms on their tree develop into big, red, and ready-to-pick apples. The "Fruit in Trees" exercise is a great complement to this as children are exposed to where apples come from. The book also includes an easy recipe for apple pie. Alternatively, you can also use this month's "Crock Pot Applesauce" recipe. It's 'an appealing study for young children'.

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