

ISSUE 29 FALL EDITION



Bringing Out the Best

SUPPORTING THE SOCIAL & EMOTIONAL DEVELOPMENT OF YOUNG CHILDREN IN
GUILFORD COUNTY



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Falling for Learning

This season offers wonderful opportunities to support development through the senses, movement, and everyday routines.

Autumn Magic



Fall Activities

by Age & Stage



Toddlers (1 – 3 years)



- Leaf stomping and raking help to build gross motor skills and body awareness.
- Simple sorting: group leaves, acorns, or pinecones by color or size.
- Pumpkin scooping with spoons — a favorite fall fine motor activity (adult-supervised, no small seeds near mouths).

Preschoolers (3 – 5 years)



- Nature scavenger hunts with a simple picture checklist to build early literacy and observation skills.
- Graphing collected leaves by color or shape — an early math connection.
- Dramatic play: set up a pretend “pumpkin patch” or “farmer’s market” to build social and language skills.

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Developmental Spotlight: The Power of Sensory Play

Fall is rich with natural sensory materials — crunchy leaves, smooth acorns, bumpy gourds, and cool breezes. Sensory experiences like these help build neural connections, support language development as children describe what they notice, and offer a calming, regulating activity for children who need to reset. You don't need a special kit: just go outside and explore!





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Try this Together

CRAFT: PAPER PLATE LEAF WREATH

Gather a few collected leaves (or paper cut-outs), a paper plate with the center cut out, and glue. Let children arrange and glue leaves around the ring in any pattern they choose — the process matters far more than the final product!



RECIPE: APPLE CINNAMON “OATMEAL MUFFINS”

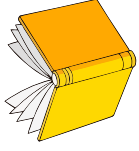
Mix 1 mashed banana, 1 cup rolled oats, 1 diced apple, and a sprinkle of cinnamon. Spoon into a muffin tin and bake at 350°F for 18–20 minutes. A simple, minimally sweetened treat that toddlers can help stir and scoop.



“Leaf Man” by Lois Ehlert
— a beautiful, wordless-
style introduction to fall
imagery.

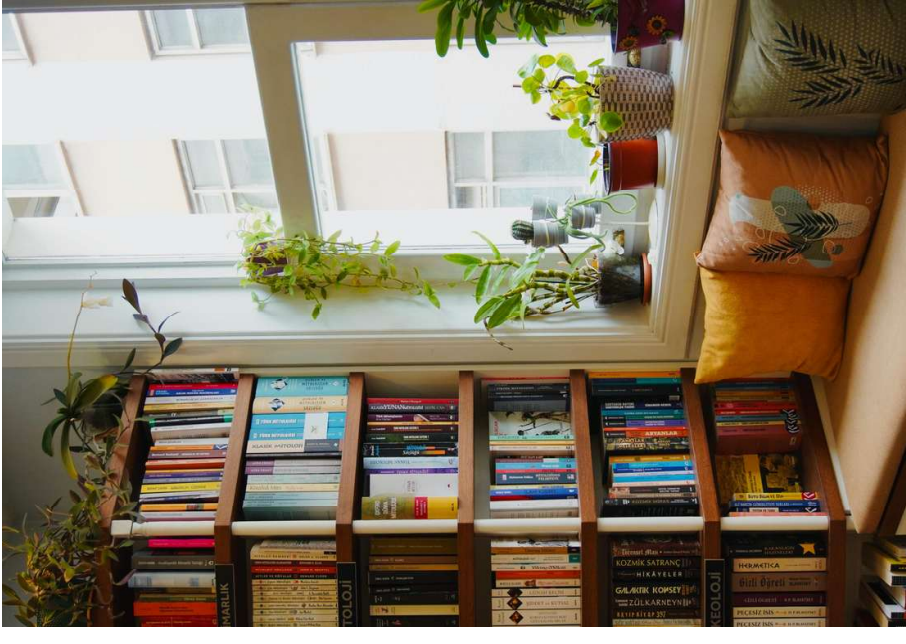
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Book Corner



**“Pumpkin Jack” by
Will Hubbell** — great
for preschoolers
exploring
decomposition and
the seasons.

**“Fall Mixed Up” by
Bob Raczka** — a
playful read for
building vocabulary.





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Bringing Out the Best 20+ years serving Guilford County!

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—at—

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