



# YMCA CCRR



## SEASONAL RESOURCE SHEET

Fall | 2022

Wow, what a summer! Hopefully, everyone was able to get out and playfully enjoy everything beautiful British Columbia has to offer!

As we transition to fall there are still so many ways to explore, experience and stimulate all our senses whether by splashing in the many rivers, lakes, pools or even the ocean; enjoying the aromas of the sea air, abundant flowers, fresh deep forest and fallen leaves; or tasting the bounty of our gardens and from the markets. The cooler weather of fall still provides wonderful opportunities for playing in the great outdoors. Our senses come alive with the crisp sounds of leaves, brilliant blue skies, or splashing and jumping in puddles.

What memories of playing outside in fall come to your mind? Perhaps carving up a pumpkin, or making mud pies?

*"What kind of memories of play do I hope for the children in my program to have?"*

"Children's experiences differ across cultures and communities so their play may look different in various settings, but its power to delight and captivate children's hearts and minds is universal. Play encourages children to be curious, creative, and engaged lifelong learners. It provides children with motivation to explore, come up with ideas, connect with others, and imagine new possibilities. Play can be challenging, joyful, intense, and exciting. Play can also be relaxing, calm and soothing. Play is a platform for learning from birth into adulthood. It is a vehicle for inspiring learning."

- Play Today: BC Handbook



source: <https://bit.ly/3oROSZA>

Check out these Play Today links  
for ideas and inspiration!

Play Today: <https://bit.ly/2VdnYNG>

Play Today: A Guide for Families:  
<https://bit.ly/3SoxEyI>





# Fall Harvest Time: Gardening with Children

Getting young children involved with gardening is a great way to connect with nature, learn about food, and how food grows. In the fall garden, children get to use all of their senses (touch, taste, see, hear, and smell). For example, they can see the fruits and vegetables as they grow, and harvest and taste them once they are ripe. Children are often keener to try something they have helped grow or prepare.

## BORROW THESE RESOURCES!

- 16441 Gardening Galore
- 09248 Garden Play



- Explore what a garden is with your children and the different things that can be found in a garden.
- Look at gardens in your neighborhood or pictures in books.
- Ask if they would be interested in making their own garden.



Start by growing your seeds inside (any time of year) by sprouting them in moist paper towels inside small plastic bags. Label the bag so your child can start to recognize words. Encourage each child to choose (ideally) two types of seeds to start, just in case one doesn't grow. Place these in a sunny window. Check daily to ensure the towel stays moist and to watch for the seeds to open. Ask the children what they see as the seeds sprout. Encourage them to draw what they see each day, and help label it with one or two words.



## Appetite to Play: Jump in, Jump Out

Appetite to Play is a great resource for play inspiration. Its goal is to build the capacity of early learning professionals by promoting and encouraging physical activity and healthy eating in the early years.

### JUMP IN, JUMP OUT

Tape a square (for individual play) or two parallel lines (for group play) on the floor. When an adult shouts “jump in”, the children jump into the square. When the adult says, “jump out”, the children jump out of the square. When the adult says, “jump on”, the children have to jump and land on the line.

See [Jump In, Jump Out](https://bit.ly/3bAlX7w) for extensions and adaptations! <https://bit.ly/3bAlX7w>

“Play is often talked about as if it were a relief from serious learning. But for children play IS serious learning. Play is really the work of childhood.”

- Mr Rogers



source: <https://adobe.ly/3Qdj9rA>



Our Early Learning Library has a variety of gross motor resources available for child care providers to borrow!

07523 Let's Get Moving

36068 Get Moving

22167 Triangle Stepping Stones

12648 Balanced and Barefoot

