BE ACTIVE KIDS®

35 Activities to Fall in Love with LEAVES

- 1. Toss and run around as they fall on your head
- 2. Jump in a leaf pile
- 3. Collect leaves to put inside a sensory bottle for infants to reach, grasp, and explore
- Toss and count how many times you can do a motor skill (jump, squat, twist, etc.) before the leaves touch the ground
- 5. Rake leaves and put them in a big pile
- 6. Gather leaves on a tarp and drag them around
- 7. Ride a bike or scooter through them
- 8. Use leaves to make a maze
- 9. Jump up to pull them off of a tree or jump up and "hi five" a leaf
- 10. Put them on a parachute and play parachute games
- 11. Use them in Simon Says
- 12. Throw them up and catch them with a net
- 13. Play pass the leaf
- 14. Use them as targets on the ground or on a tree
- 15. Create a leaf line and try to balance as you walk
- 16. Hop leaf to leaf or jump/leap over a leaf
- 17. Play leaf tag with a friend
- 18. Fill buckets with leaves and carry them around
- 19. Use them as spot markers
- Have one team try to fill a basket while another team tries to empty the same basket
- 21. Play a leaf relay game
- 22. Slide down a slide into a pile of leaves
- 23. Stomp on a certain color leaf (orange, yellow, red, brown)







- 24. Make a "snow angel" in the leaves
- 25. Try to kick falling leaves
- **26.** Scoop up leaves using a variety of tools (hands, shovels, cups, rakes)
- 27. Play music and dance around on/in leaves
- 28. Collect leaves and make large shape/designs (move in different ways to each shape you create)
- 29. Build forts and decorate them with leaves
- 30. Balance a leaf on your head, back, arm, etc.
- 31. Sort leaves by similarities or differences
- 32. Roll in the leaves (a ball or your body)
- 33. Play a leaf counting game
- 34. Create a leaf scavenger hunt and do different movements while you "hunt" for a specific colored/shaped leaf
- **35.** Toss in the air and try to catch as many as you can

Other Supportive Natural Materials:

- Tree cookies, stumps, logs or branches
- · Pine cones
- Acorns

- Containers (baskets or buckets)
- Hay Bales
- Pumpkins (variety of sizes)

www.beactivekids.org









