

# The Preschool Fall Activity Planner

*A printable companion to Fun Fall Activities for Preschoolers*

Print this planner and keep it on the fridge. It gives you the age-and-skills chart, the three-layer sensory bin formula, the safety checklist, a four-week rhythm you can repeat all season, a scavenger hunt to take outside and an activity log to keep track of what actually worked.

## What Your Preschooler Can Do, by Age

| Age          | What they can do                                                           | Activities that fit                                                                            |
|--------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| 2 to 3 years | Sorts by one attribute, mouths small objects, loves texture and repetition | Sensory bins with large pieces, leaf collecting, stomping in piles, chunky brushes, shakers    |
| 3 to 4 years | Sorts by colour and size, pours with help, follows two-step directions     | Leaf printing, nature sorting, simple pouring, pumpkin decorating, name tracing, simple baking |
| 4 to 5 years | Cuts with safety scissors, plans a small project, counts to twenty         | Leaf collages, cutting and gluing, the pumpkin experiment, measuring, scavenger hunts          |

*Watch for the moment an activity stops being a stretch and starts being a struggle. Reaching and experimenting means the fit is right; throwing means it is too hard or already finished.*

## The Three-Layer Sensory Bin Formula

| Layer  | Autumn options                                                     | What it is doing                                     |
|--------|--------------------------------------------------------------------|------------------------------------------------------|
| Base   | Dried rice, dried beans, popcorn kernels, shredded paper, sand     | Texture and weight; the layer that gets scooped      |
| Filler | Leaves, pinecones, acorns, small pumpkins, fabric scraps, pom-poms | Seasonal interest and variety                        |
| Tools  | Scoops, spoons, small bowls, muffin tins, tongs, a funnel          | Turns texture into an activity; builds hand strength |

*Build it on a tray or towel, on the floor rather than the table, and keep the base about two centimetres deep. Change one layer at a time so the bin stays familiar while still feeling new.*

## The Fall Safety Checklist

- Small loose parts (acorns, seeds, beans, popcorn kernels) are kept away from any child who still mouths objects.
- Hands are washed after handling leaf litter, acorns and outdoor collections.
- Pumpkin carving is done by an adult; the child gets the decorating job instead.
- The vinegar-and-baking-soda experiment sits on a tray, with the child seated.

- Shakers and sensory bottles are taped shut at both ends and checked before each use.
- Outdoor layers cover the legs and the ground is checked for glass or sharp debris.
- Hot trays, the open oven and the hob are adult-only zones; the child works at the table.
- Any activity is stopped the moment it stops being fun.

## The Four-Week Fall Rhythm

Repeat this shape for four weeks. Swap the days to suit your week, and skip any day without guilt — a rhythm you keep three days out of seven is still a rhythm.

| Day       | Outdoor                | Messy           | Quiet                   |
|-----------|------------------------|-----------------|-------------------------|
| Monday    | Walk and collect       | —               | Sort the collection     |
| Tuesday   | —                      | Leaf printing   | Story time              |
| Wednesday | Leaf pile play         | —               | Name tracing with seeds |
| Thursday  | —                      | Sensory bin     | Story time              |
| Friday    | Nature walk with a job | —               | Music makers            |
| Saturday  | —                      | Baking together | —                       |
| Sunday    | Family walk            | —               | Rest                    |

## Week by Week

### Week 1 — what we did

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### Week 2 — what we did

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### Week 3 — what we did

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### Week 4 — what we did

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## Fall Scavenger Hunt

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Take this page outside. Tick each one as you find it, and let your child carry the bag.

- A red leaf
- A yellow leaf
- A leaf bigger than your hand
- A leaf smaller than your thumb
- An acorn
- A pinecone
- A smooth stick
- A crunchy leaf
- Something round
- Something prickly
- Something that smells like autumn
- A seed or a berry (look, do not touch)

## Activity Log

Note what you tried and how it went. After a few weeks you will know exactly which activities your child asks for again — and which to skip next autumn.

| Date | Activity | How long it held | Again? |
|------|----------|------------------|--------|
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## The Twenty-Minute Rule

|                                 |                                                                                                                  |
|---------------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>Plan for twenty minutes</b>  | That matches a preschooler's attention span and means the activity finishes while it is still enjoyable.         |
| <b>Set up before you invite</b> | Have everything ready so the interesting part arrives sooner. A child who waits loses interest before you begin. |
| <b>Stop while it is fun</b>     | Ending on a high is what makes them willing to do it again next week.                                            |
| <b>Keep one thing the same</b>  | The same walk, the same story corner or the same baking day. The familiar anchor makes the rest feel safe.       |

*savorydiscovery.com — By Elowen Thorn. Printable for personal use. Always supervise young children around small parts, water and heat.*