



Fall Activity Packet



WHAT IS INCLUDED:

November is the perfect month to show gratitude, give back and work on your own personal growth. This packet offers different communication activities to do with friends or family, a word search for patience and concentration, the opportunity to be creative with art and science activities, a chance to self reflect on your own personal growth and more.

What is Gratitude?

Gratitude is a positive emotion that focuses on what's good in our lives and being thankful for what we have. Gratitude is taking a moment to appreciate the things that sometimes get over looked or taken for granted.

Why is it important?

Making a habit of feeling gratitude and being thankful can have a positive boost on our mental health and our ability to learn and make good decisions. Your gratitude can also have a positive effect on someone else's actions and emotions by showing someone kindness. Gratitude also helps us build better relationships by creating loving bonds, building trust, and feeling closer to others. When we make a habit of feeling grateful, it makes us more aware of the good things happening in our lives.

My Gratitude Journal

What makes me feel grateful:

Good things in my life:

Ways to express my gratitude:

Who I can express my gratitude to:

Share your Gratitude

Use the cards below to share your gratitude and kindness with others to help brighten their day.

Dear _____,

I am thankful for you because

With gratitude from:



Dear _____,

I am thankful for you because

With gratitude from:



Dear _____,

I am thankful for you because

With gratitude from:



Dear _____,

I am thankful for you because

With gratitude from:



"Gratitude unlocks the fullness of life. It turns what we have into enough and more." - Melodie Beattie

25 DAYS OF GIVING BACK

Have you been wondering what you can do to help out around the house or give back in your community? Look no further, here is a list of 25 things you can do during the month of November to give back!

1. Do the dishes after dinner
2. Gather up all the trash and take it out
3. Offer to cook dinner or help cook
4. Rake Leaves
5. Vacuum the house
6. Go through clothes and donate them
7. Help out around the house
8. Write a thank you note to your teacher
9. Sit next to someone sitting alone at lunch
10. Let the cooks know you appreciate them
11. Let someone go in front of you at a store
12. Return your shopping cart to the store
13. Pick up trash in the neighborhood
14. Do a chore for someone else
15. Make someone's bed for them
16. Hold open the door at the store
17. Tell a friend 3 things you like about them
18. Tell a family member 3 things you like about them
19. Plan a movie night
20. Visit a mom and pop store
21. Cook breakfast for your family
22. Invite your family on a family walk
23. Make fun desserts for your family
24. Make sure the house is clean
25. Help with meal preparation



25 DAYS OF GIVING BACK REFLECTION:

1- When deciding what to donate, was it hard to let certain items go? Why or why not?

2- How did you decide what teacher to write a thank you note to?

3- How did you feel changing up your daily routine when you sat by someone new at lunch?

4- What chore did you end up doing for someone else? Was it one they don't usually like to do?

5- How do you think your family member felt when you were telling them the things you like?

6- Did you pick a family favorite for movie night or did you pick something different? Why?



NOVEMBER IS 

MILITARY FAMILY APPRECIATION MONTH

Military families rise to the challenges they are given; such as, deployments, monthly drills, state emergency/active duty, TDY, professional development school and so much more, but they stay strong and resilient to support their soldier in uniform. Military families might sometimes feel like everything they do goes unnoticed, but we see you and we support you.

Military families are the heart behind the soldier.

Happy Military Family Appreciation Month!

To celebrate your family and have some extra bonding time, here is a fun family idea:

Items Needed:

- Blankets
- Pillows
- Movie of choice
- Snacks



Gather up your family for a fun filled family night, build a blanket fort in the middle of your living room, pick out any movie, and gather up some snacks for a night of bonding.





HONORING ALL WHO SERVED

VETERANS DAY



Every year on November 11th the United States celebrates Veterans Day. This day is celebrated each year to honor and remember the ones that have served and continue to serve our country. These heroes risked their lives to protect our country and everyone in it. We cannot thank them enough for everything they have done and continue to do.



GETTING TO KNOW A VETERAN:

Pick any Soldier/Veteran and ask them these questions to learn more about them!

Are you a Veteran?

What makes you a Veteran?

What did you learn or are learning about yourself from your time in the Military?

Where was your favorite place you went?

What do you like about being a Veteran?

THANKSGIVING WOULD YOU RATHER

This

Or

That

Have to cook the entire
Thanksgiving meal

Have to clean up and do all
the dishes after the meal

Not be allowed to talk
during Thanksgiving dinner

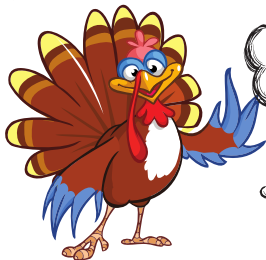
Not be allowed to have
dessert on Thanksgiving

Wash your hair with
mashed potatoes

Have to take a bath
in gravy

Have to eat only cranberry
sauce for the day

Have to eat only gravy for the
day



Did you know: Pilgrims Didn't
Wear Buckled Hats?
It's true—buckles didn't even
become a thing until the 18th
century (200 years after the
first Thanksgiving).

THANKSGIVING WORD SEARCH



cranberry sauce
dressing
stuffing
harvest
gravy

sweet potatoes
november
potatoes
turkey
rolls

thanksgiving
thankful
apple pie
family
yams

casserole
Thursday
pecan pie
pumpkin
fall



PRESERVING

FALL LEAVES



Take a walk around the yard or your local park and gather leaves for this project. Look for leaves that have vibrant colors. Avoid leaves that have curled up and can be crunched in your hands. The best leaves for this project are flexible.



What you need:

- Glycerin
- Water
- 2 Aluminum Pans
- Leaves



Mix the glycerin and water - one part glycerin and two parts water. For example, one cup of glycerin and two cups of water.



Pour the solution into the pan, place the leaves in the solution, and place the second pan on top. Place something in the pan to keep the leaves submerged in the solution.

Tip: Keep the leaves submerged in the solution for 2-6 days. Dry the leaves gently with a paper towel. They should feel soft and flexible. If not, you can place them in the solution for a couple more days.

FALL TREE PAINTING WITH Q-TIPS

Items needed:



Blue liquid watercolor
Paint



Q-tips

Paint Brush



Instructions:



Paint the sky blue with liquid watercolor, diluting it with water in your paint palette.



Once your sky is dry, paint the tree branches with black acrylic paint. Let the paint dry before moving on.



Get your bundled q-tips ready. Use at least 9 q-tips per bundle and put them together with elastic bands.

Start by painting in the red leaves with your q-tip bundle.



Paint the orange leaves next.



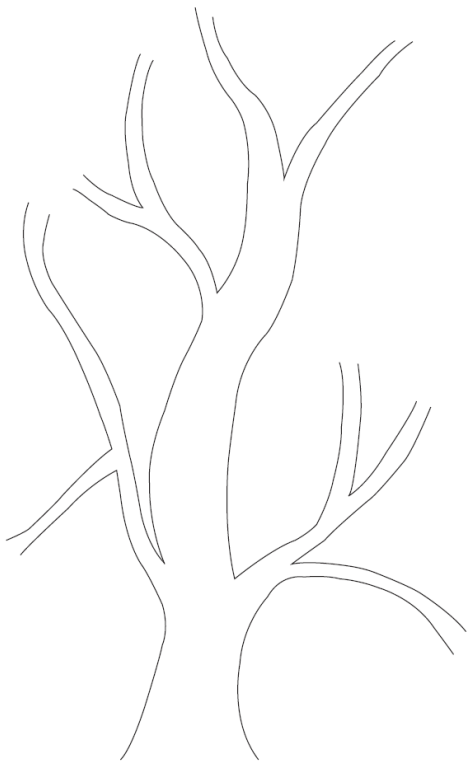
Paint in the yellow leaves last to add in a pop of bright color!



Use two shades of green to paint in the grass at the bottom of your picture.



Finally, add in some fallen leaves with red, orange and yellow paint.





WORKOUT CHALLENGE



Is there ever a "right time" to try something new? Why not start now? Push yourself to new limits this fall by setting new physical and mental goals for yourself. In the month of November, try out this challenge to get your heart rate going and your feet moving, while thinking of new activities that you would like to try, that are little out of your comfort zone.




Monday

15 Squats
15 Jumping Jacks
15 Crunches
15 Lunges

Tuesday

30 Sec Bear Crawl
30 Sec Plank
30 Sec Wall Sit



Saturday

10 Push Ups
10 High Knees
10 Butt-kickers

Sunday

1 min run in place
1 min dance
1 min mountain
climber

Wednesday

5 Burpees
5 Push Ups
5 Sit Ups



Friday

10 Frog Hops
30 Sec Crab Walk
15 Sec Sprint

Thursday

3 Minutes of
stretching



TRY FOUR NEW ACTIVITIES:





SELF REFLECTION JOURNAL

Self reflection is taking the time to think about who we are and how we have changed over time. It is important to take time to reflect on your life and write down things you notice, because you are constantly growing and changing as a person. For this journal, take a moment to think about the past week and self reflect on your feelings, mood, challenges, success, personal growth and more to see what changed about yourself in just a short amount of time.

1. What 3 things have you learned about yourself in the last week?

2. What did you have to change in your life to do this challenge?

3. Was this challenge easy for you to do?

4. What made you smile this week? Why?

5. What was your favorite workout? Why?

6. Was it hard to step out of your comfort zone to try something new?

7. What was your mood like before the workouts?

8. What was your mood like during the week? Did it change after the workout?
