

FALL FUN



Using the HIPPY parent-child curriculum format, these daily activities are designed to touch on critical domains like physical activity, playtime, learning time, and family time.

All the materials required are available in the home and you are encouraged to adapt the activities to best fit your family and the materials you have at your disposal at home.

Trophy Page

This is the Trophy Page! Every time you complete one of the Fall Fun activities, come back to this page and colour in the pumpkin. Once you have coloured in all of the pumpkins, take a picture of yourself and your Trophy Page and send it over to mmcsocial@hippycanada.ca to be featured on our website. We will do a draw at the end of the month and the winner will receive some beautiful HIPPY books!



Activity 1



Activity 2



Activity 3



Activity 4



Activity 5

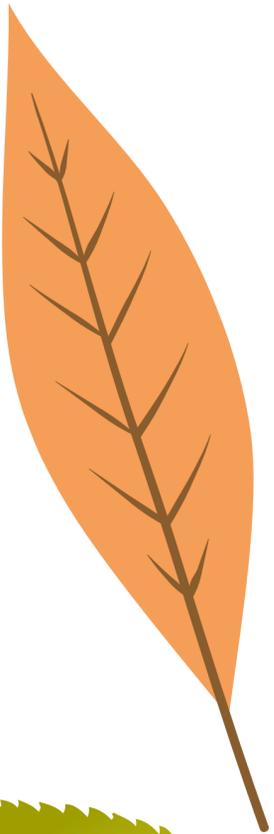


ACTIVITY 1

Leaf Scavenger Hunt

Get your outdoor shoes on, it's time for a scavenger hunt! Fall is here and that means there are leaves everywhere. Gently rip this page out of your booklet, take it with you outside, and get to searching. See how many different types of leaves you can find! Once you have collected all your leaves, take a glue stick or some tape and press them down to their corresponding images.

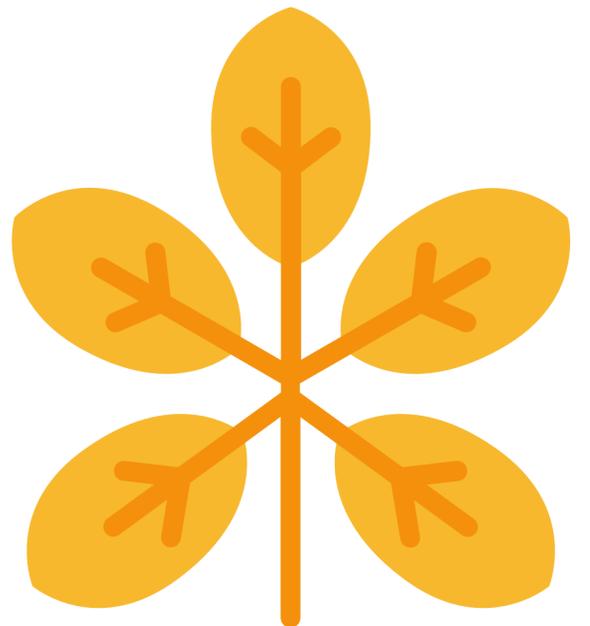
Elm Leaf



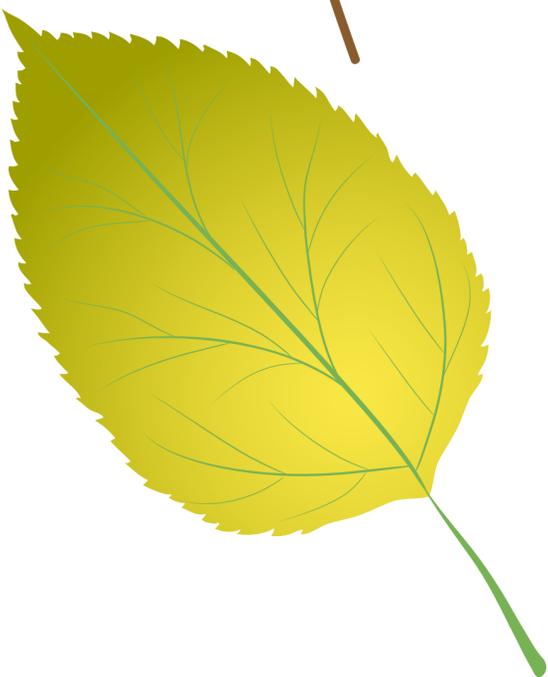
Poplar Leaf



Walnut Leaf



Birch Leaf



Ash Leaf



Oak Leaf





ACTIVITY 2

Acorn Art



Around this time of the year, acorns start to fall from oak trees. Falling to the ground is part of their natural cycle. They contain little tiny seeds that grow into new oak trees! To celebrate the natural cycle of the acorn, let's get crafty and paint our own!

In order to do this craft, you will need the following materials:



Brown and white paint



Blank sheet of paper



A paintbrush (or your fingers!)



1. Start by mixing some white and brown paint to create a cream colour
2. Take the cream colour paint and paint one of your hands (refer to the picture below)
3. Stamp your hand on the paper in two different places
4. Take your paintbrush and dip it in some brown paint
5. Using the picture below for reference, paint the top of the acorn
6. Let dry and hang it up in your home as decoration!





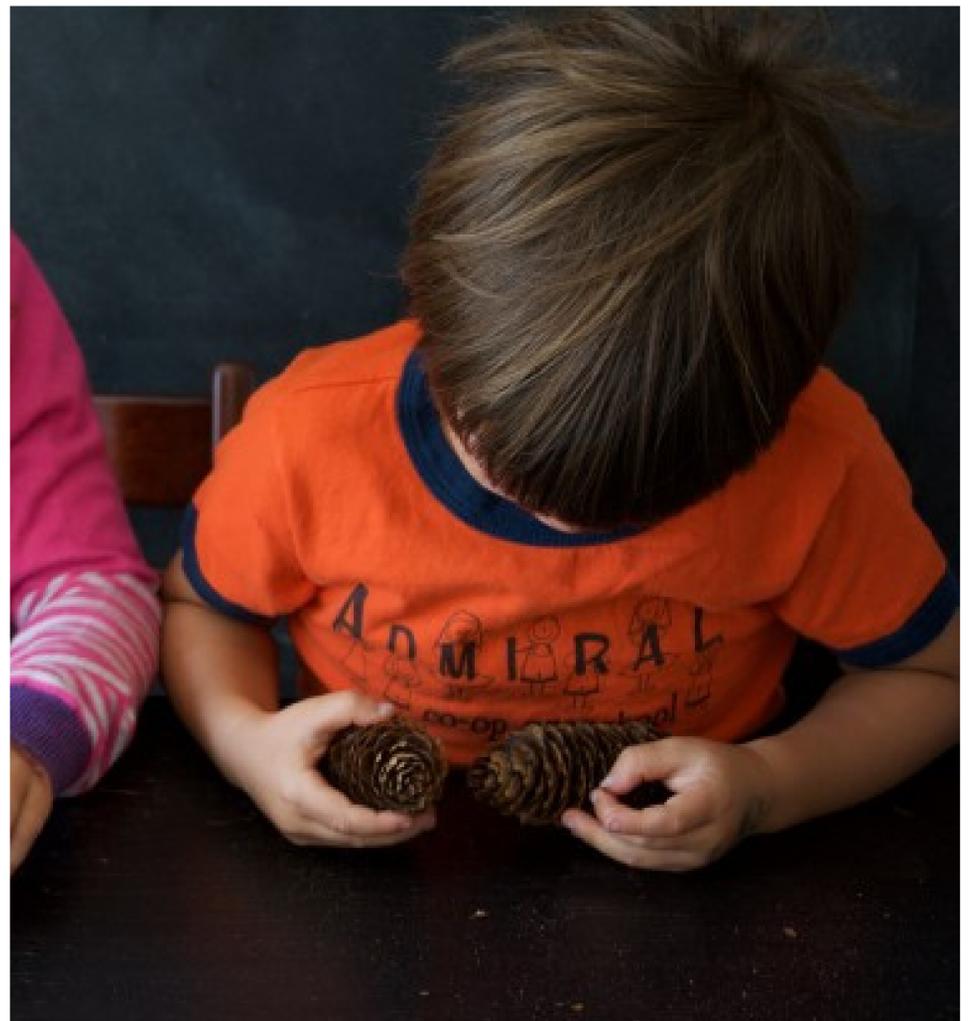
ACTIVITY 3

Pinecone Bowling

It's a beautiful day to go bowling! Put your jacket on and head outdoors. Your job is to find at least 10 pinecones (more if you can but 10 will work just fine). Once you have collected your 10 pinecones, assemble them in a triangle formation like the photo below.

For your bowling ball, you can either use a ball you have at home or you can go and find a nice medium-sized rock! Make sure your family and friends are out of the way and roll your ball or your rock towards the pinecones. Take turns knocking the pinecones down.

Want to turn it into a friendly competition? If you have some chalk or a piece of paper and a crayon, keep track of how many pinecones each family member knocks down!





ACTIVITY 4

Baked Apple Chips

Nothing says fall quite like baked apple chips! This super easy recipe makes for a fun and healthy snack for everyone at home. Here is what you will need:



2 to 3 apples of any kind



Cinnamon powder



Parchment paper



1. Wash, core, and slice your apples thinly in little rounds like the picture below
2. Set your oven to 115 degrees celsius
3. Rip off a piece of parchment paper, lay it down flat on your sheet pan, place the apple slices all over the sheet pan, and lightly sprinkle cinnamon all over them (on both sides)
4. Place them in the oven until the apples are completely dry (roughly one hour)
5. If they aren't crisp enough after one hour, place them in the oven for 15 minute increments until they are to your liking



ACTIVITY 5



Autumn Yoga

The only thing that beats regular yoga is outdoor autumn yoga! It's time to grab either a yoga mat, a towel, or a blanket you don't mind getting dirty. Set it outside on the grass or on the sidewalk and try to recreate these seasonal poses.

Every time you successfully complete a pose, put a little checkmark in the corresponding box! How many yoga poses can you do?

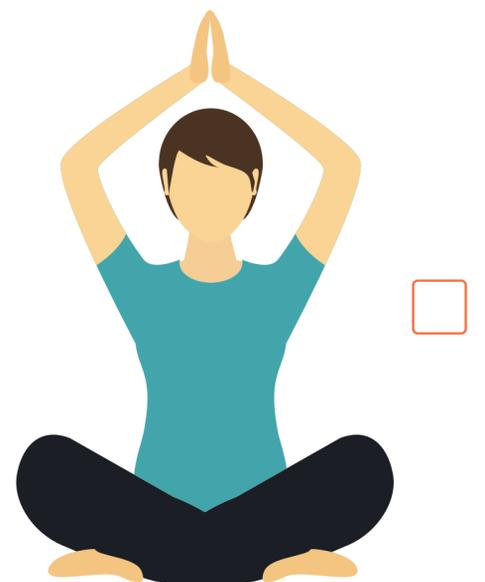
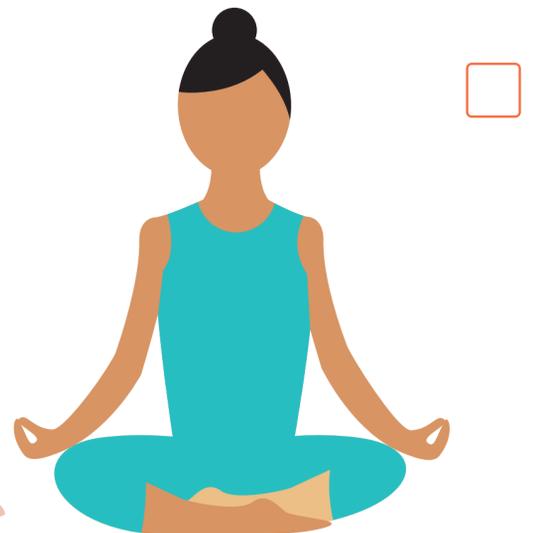
Leaf Pile



The Squirrel



Cobbler Pose



New Sprout

The pumpkin

Blooming Flower

We equip mothers facing multiple barriers to become engaged citizens confident parents, and prepare their children for success in school.

The Mothers Matter Centre, home of the Home Instruction for Parents of Preschool Youngsters (HIPPY) Program in Canada — is a not-for-profit, registered charity incorporated in October 2001. We are a virtual, national consortium of organizations dedicated to serving socially isolated and low economic status mothers and their families.

Our foundational program, Home Instruction for Parents of Preschool Youngsters (HIPPY), was piloted in 2000 at the Britannia Community Service Centre in Vancouver, BC, HIPPY. Since then, it has grown to 25 sites across Canada each of which helps 35 – 100 families each year.

In addition to HIPPY, Mothers Matter Centre delivers a suite of programs that serve isolated, vulnerable families including: Bond to Literacy, the Adopt-a-Reader campaign, and Newcomer Innovations.

Our Honorary Patrons, Governor General of Canada; The Right Honourable David Johnston, P.C., C.C., C.M.M, C.O.M., C.D; and Her Excellency Sharon Johnston, C.C., as Patrons of HIPPY Canada. Thank you for your continuous support!

Home Instruction for Parents of Preschool Youngsters (HIPPY) is an evidence-based program that works with families in the home to support parents, primarily mothers, in their critical role as their child's first and most important teacher.

HIPPY strengthens families and communities by empowering mothers to actively participate in Canadian society and prepare their children for success in school and life. As the foundational program of the Mothers Matter Centre, HIPPY Canada has transformed more than 40,000 lives.

 Immigration, Refugees and Citizenship Canada Immigration, Réfugiés et Citoyenneté Canada

 Employment and Social Development Canada Emploi et Développement social Canada

 Status of Women Canada Condition féminine Canada

 North Family FOUNDATION  vanCOUVER foundation  WEST VANCOUVER FOUNDATION  Vancity

 KPMG  Canadian Heritage Patrimoine canadien

 **MOTHERS
MATTER Centre**

PROUD HOME OF THE
HIPPY PROGRAM IN CANADA