

# Fall Leaves sensory lesson plan

## Movement Activities (Vestibular and Proprioceptive Systems)

- Read the book: Let it Fall by Maryann Cocca-Leffler, leading the kids in the following movements to accompany the book: pretending to rake the leaves, jumping into the leaves, give yourself a hug to keep warm, rake faster, reach up high to pretend to pick apples, bend low to pretend to place them in a bucket, pretend to carry a heavy pumpkin.
- Challenge kids to try tree pose to work on balance
- Climb a real tree outside!

## Tactile Activities

- Paint leaves and press them on paper to make prints
- Spread glue on a paper leaf template. Crumble up dried leaves and sprinkle the pieces over the glue to decorate the leaf.
- Fill a sensory table or large plastic bin with dried leaves, colored leaves, and green leaves for kids to explore.

## Visual Activities

- Go for a walk outside to observe the leaves. What colors do you see? Compare and contrast the leaves you find.
- Print leaf identification cards and have kids match real leaves to them.
- Collect leaves on your walk and then have kids sort them by color, size, type, or shape

## Oral Motor Activities

- Leaf blowing - use a straw to blow leaves across a table. Make predictions about which will go further - a dried leaf or a new, green leaf?
- Taste different edible "leaves" - lettuce, cabbage, spinach, etc. Try cooking/meal preparation activities that involve measurement and recipe writing.
- Make leaf shaped cookies and decorate them with colored icing

## Olfactory Activities

- Smell the difference between dried leaves and new leaves
- Explore other fall scents (pumpkin, caramel, campfire, etc)

## Auditory Activities

- What does it sound like to walk on fall leaves? Stomp on them, step on them, shuffle through them and then describe the sounds (crunchy, loud).
- Crumble dry leaves and green leaves in your hands and compare the two sounds