



11 Fun & Active Fall Activities



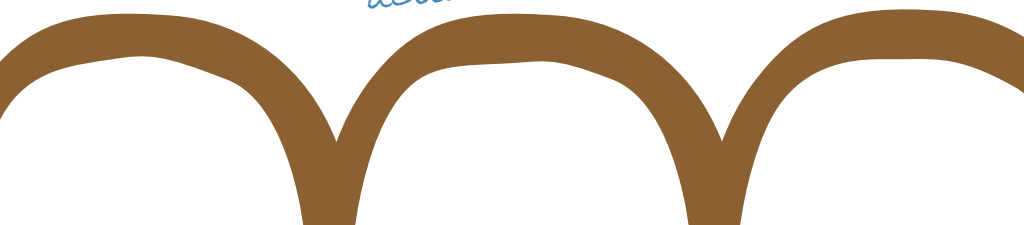
Fall Activities For Kids To Enjoy Outside

As the days grow colder and the leaves begin to change color, fall presents the perfect opportunity for kids to enjoy the outdoors.

Crisp air and vibrant scenery create an inviting backdrop for a range of fun activities that keep children active and engaged.

Whether You're looking to encourage exercise, creativity, or simply some outdoor family bonding; here are some of the best fall activities for kids that make the most of this enchanting season.

get your kids in the fall spirit with these fun outside activities



NATURE SCAVENGER HUNT

Fall is a treasure trove of natural wonders. Create a list of items that are a mix between easy and slightly challenging to find in your area – think colorful leaves, acorns, pinecones, or even a squirrel sighting. Hand each child a printed checklist or have them use their smartphones and set them loose in the backyard or at a local park. This activity sharpens observation skills, gets kids moving, and allows them to explore nature first hand.



Scavenger Hunt Tip:

Tip: You can add challenges like finding the brightest leaf or the biggest acorn to make it even more exciting, challenging, and fun competition.

LEAF PILE JUMPING

A fall classic and a fun activity shared between family and friends. Work together to rake together a giant pile and be rewarded leaping into it, scatter it, and rake it up again for repeated fun. This simple activity not only brings out giggles but is also a great way for kids to get their hearts pumping and body moving.



Leaf Pile Jumping Tip:

Safety Reminder: Make sure the leaf pile is in an open space and is free from sticks, hidden rocks, pine cones, anything that could be a potential hazard to ensure safe play.

PUMPKIN PATCH VISIT

A trip to the pumpkin patch is a fall must. Not only is it a great opportunity to pick out the perfect pumpkin for carving, decorating, or making homemade pumpkin seeds, but many pumpkin patches offer additional activities like hayrides, corn mazes, and petting zoos. Walking through rows of pumpkins and navigating a corn maze helps kids develop their sense of direction and keep active.



Pumpkin Patch Tip:

Activity Add On: When you return home, have a pumpkin-decorating contest using paint, markers, and stickers!

OUTDOOR STORYTIME & PICNIC

Encourage a love for reading and the outdoors by organizing an outdoors storytime. Spread a blanket under a tree, bring out a stack of autumn-themed books, and read aloud. Follow up the stories with a simple picnic full of fall treats like apple slices, cheese and pumpkin-flavored snacks. This relaxing activity is a perfect way to combine learning and leisure while soaking up the last of the mild weather.



Outdoor Storytime & Picnic Tip:

Tip: Fall picnic favorites for you picnic; pumpkin muffins, pumpkin cookies, apple pie bars, ploughman's sandwich, apples, butternut squash kabobs, vegetable soup.

APPLE PICKING ADVENTURE

Apple picking is a great way to combine physical activity with a lesson in where food comes from. Visit a local orchard, and have your kids search for the best apples while reaching, climbing, and stretching to pluck fruit from the branches. Afterward, challenge them to come up with simple recipes like apple slices with peanut butter, honey, or homemade applesauce to enjoy their pickings.



Apple Picking Tip:

Pro Tip: Teach Kids to choose apples by looking for ones that are firm and have a deep color.

DIY OBSTACLE COURSE

Set up an obstacle course in your backyard or at a local park. Use fall-themed items like hay bales, pumpkins, and ropes for jumping, crawling, and balancing challenges. Encourage kids to race each other or time themselves to see how quickly they can complete the course. This is a creative way to boost coordination, agility, and fitness.



Obstacle Course Tip:

Tip: Create a tunnel using boxes, weave through cones, jump over pool noodles or another item, create a balance beam using a wooden plank or spray painting a line in the grass. For an additional challenge you can designate “lava spots” kids have to avoid while navigating the obstacle course.

BIKE RIDE THROUGH FALL FOLIAGE

Autumn's stunning landscape is best appreciated on a leisurely bike ride. Pick a trail or safe park path where the fall foliage is at its best, and encourage the kids to take in the views as they ride. Biking is an excellent cardiovascular activity that strengthens the muscles and builds endurance, all while allowing kids to enjoy the outdoors.



Fall Bike Ride Tip:

Safety Tip: Make sure to wear a helmet and be cautious when riding over a pile of leaves on the sidewalk, never know what could be hiding under the leaves and cause you to lose balance and fall.

FALL THEMED RELAY RACES

Organize relay races with a twist by incorporating fall props. Create events like a pumpkin carry (balancing a mini pumpkin while running), sack races with fall-colored burlap sacks, or a relay that requires kids to race to collect different types of leaves. Friendly competition makes exercise fun and helps develop teamwork skills.



Relay Race Tip:

Tip: Don't forget to pack drinks, food, towels, blankets, music playlist and speaker, and any items your relay activities require.

CHALK ART ON FALL WALKS

Take a walk through your neighborhood armed with colorful chalk and creativity. Encourage kids to draw leaves, pumpkins, and friendly ghosts on sidewalks or driveways. It's a simple activity that keeps them active as they bend, draw, and move along the path. Plus, it spreads seasonal cheer for your neighbors to enjoy.



Chalk Art Tip:

Tip: Fall favorite chalk art ideas; pumpkin(s), turkey, leaves, pine cone(s), "give thanks", spider web, acorn, "tis the season," "happy thanksgiving," pie, which hat, cat, owl.

BONFIRE EVENING WITH ACTIVE GAMES

Cap off a day of fall fun with a cozy bonfire and active games. Kids can play flashlight tag, hide and seek, or kickball before gathering around the fire to warm up and roast marshmallows. These games keep them active, improve reflexes, and provide them with great stories to share the next day.



Bonfire Tip:

Tip: roast dough boys (also known as brown bears), smores, fruit, banana boat, campfire cones, spider dogs.

SIGNING UP FOR A TURKEY TROT

A Turkey Trot is a fantastic activity for kids. A family-friendly, and community based fun run is held around Thanksgiving and offer numerous benefits for children of all ages. Participating in a Turkey Trot is a fun running activity that helps build cardiovascular fitness, strengthen muscles, teaches healthy habits; that running and exercise can be fun and enjoyables, encourages goal-setting and achievement among many other benefits.



Turkey Trot Tip:

Tip: Go all out and show your holiday spirit with face painting, dressing up, or putting on a costume.