

OCTOBER

ACTIVITY LIST

Go to a pumpkin patch and pick a pumpkin

Roast pumpkin seeds

Make pumpkin soup

Play night games like ghost in the graveyard

Go for a family bike ride

Take a pine cone collecting hike

Make popcorn and add pumpkin spices

Gather a special leaf and make a leaf rubbing

Do the monster mash

Can some fruits or veggies or freeze them

Expore outside and find a spider's web

Plant flower bulbs

Go on a leaf-collecting walk

Carve a jack-o-lantern

Lay outside with a blanket and look at the stars

Eat applesauce with cinnamon

Go to a farmers market and pick out a strange looking gourd

Learn to dance to "Thriller"

Walk like Frankenstein

Do black cat yoga and arch your back

Go trick or treating

Create a Halloween costume

Ride around outside on a broomstick

Extension
UtahStateUniversity.



CREATE BETTER HEALTH SNAP-ED

Created by Kerry Garvin