

# 30 Family Wellbeing Activities to Celebrate Autumn

1

Collect leaves and make a leafy collage.

2

Go conker hunting.

3

Go on a nature walk and find the crunchiest leaf.

4

Carve pumpkins.

5

Paint an autumn scene.

6

Go for hot chocolate in a local cafe.

7

Have a movie night.

8

Collect acorns to decorate.

9

Paint a bonfire and fireworks scene.

10

Make a tasty apple crumble.

11

Visit a farm.

12

Bake Halloween biscuits.

13

Craft Halloween decorations.

14

Go and watch some fireworks.

15

Visit a pumpkin patch.

16

Read a book under a cosy blanket.

17

Do some fruit and vegetable printing.

18

Create a pile of leaves and then jump into it!

19

Collect rocks and paint them like autumnal animals.

20

Fly a kite on a windy day.

21

Go on a colour walk and collect as many things in different colours as you can.

22

Make toffee apples.

23

Have a family game night.

24

Roast marshmallows.

25

Have an apple bobbing competition.

26

Bake some bread.

27

Splash in puddles.

28

Enjoy some hot soup and tasty bread.

29

Bake cookies.

30

Go on a walk and count how many squirrels you see.

