

# October



## Learn It Body Defenders

Discuss how the immune system guards against and removes bacteria and viruses.

In a large open space, play Red Rover, but with a twist! Split the children into two groups. They are both considered to be a part of the immune system. Each group will join hands with the children in their group, forming a line. The team who is chosen to call out first will say, "Watch Out! Here Comes (name of child)." The child that is named from the other team becomes a bacteria or virus that the other team must stop. If the child breaks through, they go back and join their original team. If the child is stopped, they join the other team. Once all the children form one line, the game has ended.



## Eat It Pumpkin Asteroid Muffins

3 cups old fashioned rolled oats

1 tsp baking powder

2 tsp pumpkin pie spice

¼ tsp salt

½ cup 100% pumpkin purée

¼ cup honey or maple syrup

2 large eggs

1 ¼ cup unflavored milk or milk alternative



Preheat oven to 350° F. Have children help you add the oats, baking powder, pumpkin pie spice and salt together in a medium bowl. In a separate large bowl, whisk together the remaining ingredients. Slowly add and whisk the oat mixture into the pumpkin mixture until combined. Scoop ⅛ cup into each mini muffin tin. Bake for 15 to 16 minutes or until the fork comes out clean. Serve one (½ oz eq) mini muffin per child. Makes 28 servings.



## Read It

*From Seed to Pumpkin: A Fall Book for Kids*  
by Wendy Pfeffer

*Goodnight Spaceman: The Perfect Bedtime Book! (Goodnight Series)* by Michelle Robinson, Nick East, et al.

*Ingenuity* by Leslie Falconer and Michael Kania

## Create It Recycled Art

Using recycled objects such as fruit plastic containers, cans, lids, bottles and paint, demonstrate how to dip the object into paint, stamp and create artwork. Each child needs their own cardstock paper to create their masterpiece.



## Play It Shadow Dance

Take the children outside on a sunny day. Find a flat surface where the children will be able to see their shadow. Talk about how a shadow is made with our bodies blocking the sunlight. Turn on some music and let the children dance to see what their shadow does. Can they make different shapes or animals with their bodies?



## Fun Fact

Applesauce was the first food eaten in space by John Glenn in 1962.

## Laugh About It

What is the alien's favorite candy? A Mars Bar.



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