

September



Learn It Sprouting Seeds Yoga

Have children stand in a circle with space in-between. Explain that every seed grows when the air, water and temperature of the soil is just right. Invite children to become seeds, instruct them to sit on their knees and curl themselves into a ball. Discuss what happens if it is too cold, the seed stays dormant. Now that the seed is being warmed up in the soil and water has been added to the soil, have children slowly get on their feet and their hands touching the floor. The plant begins to grow into a tall plant. Have children slowly raise their hands and upper body until their hands are reaching up to the sky. Then spread their arms out wide as they begin to flower and make their first fruit or vegetable. Go around the room and ask what type of fruit or vegetable they are.

Eat It Apple Breakfast Salad

2 cups apples, diced
1 cup dried cranberries
1 cup loose granola
1 tbsp lemon juice
¼ tsp ground cinnamon



In a medium bowl, add apples, cranberries, lemon juice and cinnamon. Toss until cinnamon coats the fruits. Serve $\frac{3}{8}$ cup of fruit mixture in a bowl or cup and sprinkle 2 tablespoons of granola on top.



Laugh About It

Where do apples vacation?
The Apple-achian Mountains.



Create It Apple Filters

Ask the children to color a coffee filter using apple-colored markers: red, green, yellow. Once they have completed their filter, show them how to lightly spray the filter with a spray bottle of water to make the colors run together. Set aside to dry. Cut out a circle from the filter to create the apple body. Add a leaf with green construction paper and glue to finish your Apple Filter.



Play It Apple Pickers

Using the apple template from cacfp.org or plastic apples, tie each apple to a string and hang them with tape to a wall at the tip of children's reach, some a bit higher. The children will have to stretch and jump to grab the apples. See if they can reach a certain number of apples and then encourage teamwork to help those that have not yet met the goal.

Fun Fact

A pomologist focuses on developing apple varieties and cultivation techniques.



Read It

Let's Get Gardening by DK

Ten Red Apples by Pat Hutchins

¡A recoger manzanas! (Apple Picking Day! Spanish Edition)
(LEYENDO A PASOS (Step into Reading)) by Candice Ransom

Grow It

Planting seeds indoors allows you to have more control of the elements like light, warmth, and moisture resulting in higher rates of germination.



Name _____

Missing Apples

Cut out the apples in the dotted squares and glue them in the correct spot.

