Autumn Race & Trace

Objective: Students will explore why leaves change colors and fall from trees during autumn while engaging in physical activity, nature observation, and creative expression.

Materials: zip lock bags (one per student), sheets of paper (one per student), clipboards (one per student), crayons

1. Building on the previous leaf lesson, discuss chlorophyll affects leaf color and why deciduous trees shed their leaves in autumn.
2. Instruct students to race around the outdoor area to collect at least five fallen leaves of varying shapes, sizes, and colors.
3. Once leaves are collected give each student a sheet of paper, a clipboard, and crayons.
4. Instruct them to put one of their leaves under the piece of paper on their clipboard and show them how to trace the leaf by rolling the crayon over top.
5. Have them repeat the activity with a new leaf and color of crayon.
6. Continue the activity until their paper is filled with traced leaves.

Mindfulness Activity- Falling Leaves

Length: 1-2 minutes

Materials: none

- Have students to sit still for a minute to carefully watch for a falling leaf. Ask them to pay attention to what they hear as well.
- Ask students to stand and **slowly** move as though they are a falling leaf.
- Finish with a moment of deep breathing.

Virginia Standards of Learning (SOL)

SOL Strands: Living Systems and Processes; Earth and Space Systems; Scientific and Engineering Practices
Primary SOL Alignment: K.9, 1.7, 2.7, 3.1