



# Autumn



Talk with your child about the signs of Autumn such as the leaves on the trees changing colour and falling to the ground, how the mornings are darker and in the evenings it turns darker earlier than in the summer months. Talk with your child about the festivals that are celebrated in the Autumn months such as the Hindu festival of Diwali, The Islamic festival of Eid, or the Christian festival of Bonfire Night.



Talk with your child about Harvest and how it's the time of the year when crops and other foods are ready to be picked and eaten such as pumpkins, apples, root vegetables and wheat in the fields. Talk with your child about the importance of eating fruits and vegetables everyday. You could make a hearty pumpkin or vegetable soup with your child.

## Vegetable Soup Recipe

### Ingredients

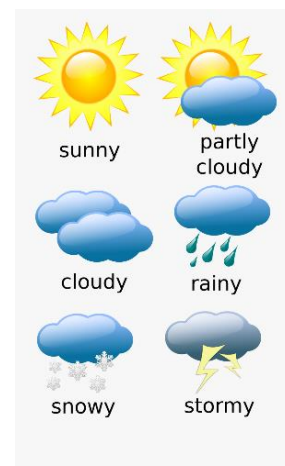
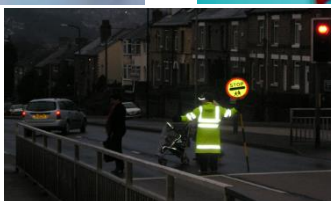
- 85g dried red lentils, rinsed.
- 1 tablespoon Olive oil
- 1 chopped onion
- 2 chopped carrots
- 3 chopped sticks celery
- 2 chopped small leeks
- 1 chopped potato
- 2 tablespoons tomato purée
- 2 chopped cloves garlic
- 1 teaspoon dried thyme
- 1 litre vegetable stock
- 1 teaspoon ground coriander



### Method

1. Chop all of the vegetables and put them into a large pan. Add the oil and stir until all of the vegetables are heated through. Add the garlic and the thyme and the coriander.
2. Add 1 litre of vegetable stock and stir well. Add the lentils.
3. Cover and leave to simmer for 30 minutes until the vegetables and lentils are tender.
4. Ladle the soup into bowls and eat straightaway. If you like a really thick texture then blend the soup with a hand blender or in a food processor.

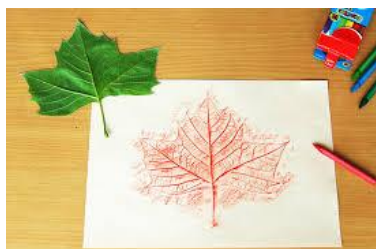
Talk with your child about how the weather changes in the Autumn such as it rains more, frost can be seen in the morning and the days and nights become colder. Talk about the clothes that are needed in the Autumn months such as wearing jumpers and coats or even hats and scarves. For each day of the week over the half term record the weather. You could draw a picture to show the weather for each day or record it as a zig zag book.



Go on an Autumn walk around your local park or around your garden. Make an Autumn collection of the things that your child found that represent Autumn. You could take a picture of the collection and load it onto Tapestry. When your child returns to school, encourage your child to bring in their Autumn collections.



Autumn leaves are all around us. Listen to the sounds of leaves as they fall to the ground or blow in the wind. Have fun kicking clean leaves in your local outdoor space. Make leaf collections. Look at and talk about the different colours, the different shapes and sizes. With those leaves, make leaf prints with paint, leaf rubbings with wax crayons and create a collage by sticking the different leaves onto a piece of paper with glue.



Go on a conker hunt, an acorn hunt and a pine cone hunt into your local outdoor spaces. How many did you find? Bring these into your classroom when you return to school after half term and we will use them in our classrooms.

