

THE
AYLSHAM
COMMUNITY
TRUST
(FAMILIES)

It takes a Whole Community to Educate a Child

Autumn Holiday Family Learning Activities

A selection of autumn themed activities perfect
to enjoy together as a family.



Sparkly Fireworks

These sparkly firework paintings are so pretty and easy to make.

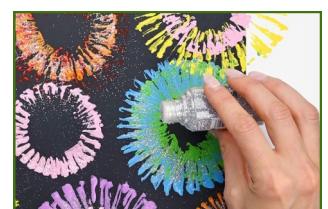
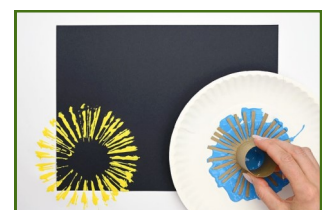
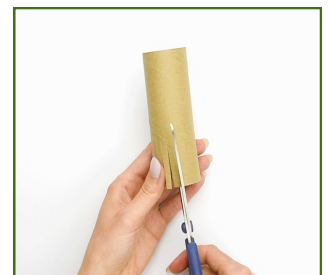
You will need:

- Toilet paper or paper towel rolls (1 per paint colour)
- Paint
- 1 piece black cardstock
- Glitter
- Scissors
- Newspaper to cover your table



Instructions:

- Make vertical cuts all the way around the paper roll, spacing them at least 0.5cm apart. Long cuts that are around 5cm work the best.
- Bend the cut pieces of the paper roll so they're facing outwards, making a sun shape.
- Pour paint on to a paper plate and use a paintbrush to spread it out. The paint circle needs to be large enough that it will cover the fanned out paper roll.
- Repeat the last step with the remaining paint colours. We used seven colours for variety, but you can choose to use fewer (or even more!) colours.
- Now start painting! Dip the fanned ends of the paper roll into your first colour of paint. Bounce the roll up and down and rotate it to make sure you have good paint coverage.
- Stamp the paper roll onto your black card. Lift up the paper roll and rotate it slightly before stamping it down again in the same place. This creates a fuller firework.
- Sprinkle glitter onto the freshly painted firework.
- Fill up the rest of the card with fireworks.



Leaf Hedgehogs

This is a wonderful simple art project.

Incorporate a leaf hunt outside and you've got a fun activity for the day.

You will need:

- Leaves
- Glue
- Black marker pen
- Brown paper
- Scissors



Instructions:

- Firstly gather handfuls of leaves from the garden or woodland floor.
- Dry out any damp leaves.
- Cut out a hedgehog shape from brown paper.
- Arrange the leaves so that they have the pointy parts sticking up. Cut the leaves to size and shape if needed.
- Fix the leaves to the paper with a dab of glue.
- Once secure, use a pen to add details such as eyes, a nose and feet.



Apple and Carrot Muffins

Cosy up with these wholesome muffins, perfect for breakfast or snack. Makes 12 muffins.

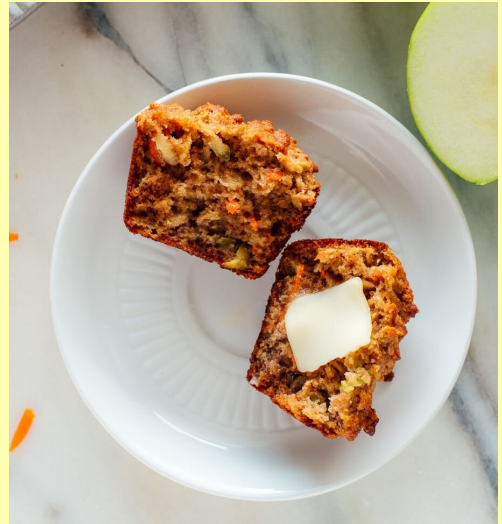
Ingredients:

- 2 cups all purpose flour
- 1 $\frac{1}{2}$ cups old-fashioned oats
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon fine sea salt
- $\frac{1}{2}$ cup honey or maple syrup
- 3 eggs
- 6 tablespoons unsalted butter, melted
- 1 cup grated Granny Smith apple (about 1 $\frac{1}{2}$ apples)
- 1 cup peeled and grated carrots (about 3 carrots)

Optional mix-ins: $\frac{1}{2}$ cup chopped walnuts or pecans, raisins or chocolate chips

For Gluten free use almond flour and gluten free oats

Important -If you have a food allergy/intolerance please select appropriate ingredients.



Method

1. Preheat the oven to 200°C/fan 180°C and line a 12 hole muffin tin with paper cases.
2. In a large bowl, combine the flour, oats, cinnamon, baking soda, salt, and optional mix-ins, if using.
3. Grate the carrots and apples.
4. In a separate bowl, whisk together the honey, eggs and butter. Whisk in the grated apple and carrots. Pour the mixture into the dry ingredients, mixing until just combined.
5. Spoon the batter into the muffin cups, filling each to the brim. Bake until the muffins are nicely browned on top and a knife inserted in the centre of a muffin comes out clean, 25 to 30 minutes.
6. Allow muffins to cool completely before storing.
7. Store leftover muffins in an airtight container in the fridge or freezer. If you like them warm, reheat them on low power in the microwave.

