

October

**Commit to Health National Recreation and Park Association  
4-week Lesson Plan Guide and Worksheet: K-2<sup>nd</sup> Grade**

<b>WEEK</b>	<b>Community &amp; Home Gardening (CHG) Monthly Topics</b> <b>Fall Harvest Celebrations!</b> Seek out yummy fall veggies and consider attending fall harvest celebrations! <b>Pick your own – find an apple orchard!</b>	<b>CHG Coloring &amp; Activity Sheets</b>  (NOTE: Sheets listed below can be done in any order.)	<b>Fun, Experiential CHG Activities!</b>  (NOTE: Activities listed below can be done in any order.)
<b>1</b>	<input type="checkbox"/> Send home CHG newsletter. <input type="checkbox"/> Point out CHG seasonal poster, read to children.	<input type="checkbox"/> Apple Harvest Color Count (K-2) <input type="checkbox"/> Pumpkin & Squash Coloring (K-2)	<input type="checkbox"/> Go Apple Picking (K-5) <input type="checkbox"/> Late Bloomers (K-5)
<b>2</b>	<input type="checkbox"/> Read the CHG newsletter to the children, ask them if they have attended a fall harvest celebration!	<input type="checkbox"/> Autumn Harvest Coloring (K-2) <input type="checkbox"/> Fall Harvest Addition (K-1)	<input type="checkbox"/> Spring Forward Florally (K-5)
<b>3</b>	<input type="checkbox"/> Read the CHG newsletter to the children, ask them what fall harvest foods they enjoy.	<input type="checkbox"/> Apple Harvest Combo of 10 (2-3) <input type="checkbox"/> Apple Picking Seek Find (K-2)	<input type="checkbox"/> Seed Balls (K-5) <input type="checkbox"/> Storing Your Apples (K-5)
<b>4</b>	<input type="checkbox"/> If feasible, pick your own apples.	<input type="checkbox"/> Color & Name Winter Veggies (K-2) <input type="checkbox"/> Fall Harvest Coloring (K-2)	<input type="checkbox"/> Pumpkin Container Garden (K-5) <input type="checkbox"/>

**Reminders!**

- Check the website frequently to download all the fun items listed in the lesson plan above, and for other updates! All instruction sheets listed in the lesson guide above are found in a pdf file posted on the website. To choose the right sheet for each lesson, match the name of the lesson in the guide above with the title at the top of each sheet.
- Check out the complementary Foods of the Month lessons and fun at <http://bit.ly/NRPAFoM>.