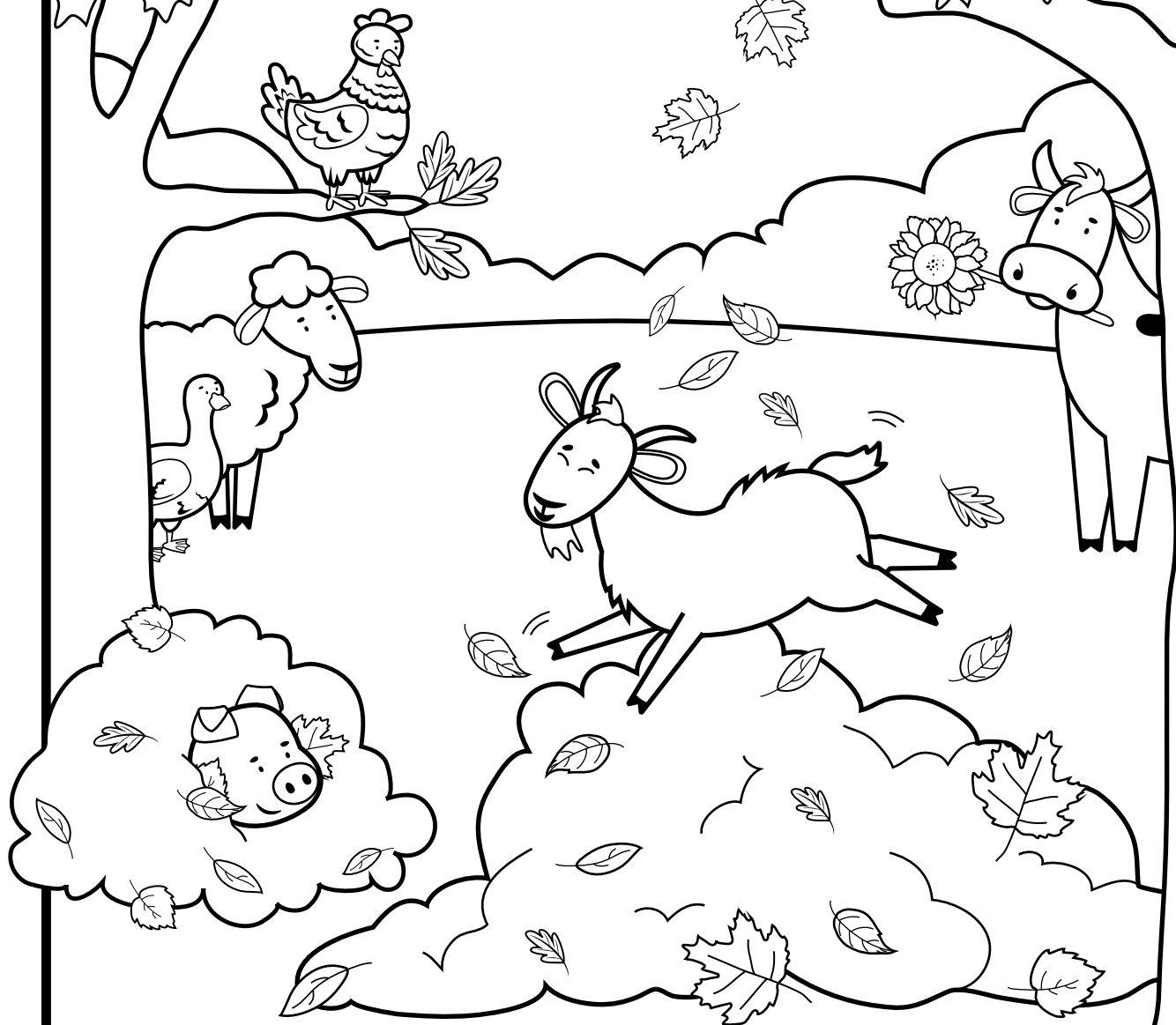
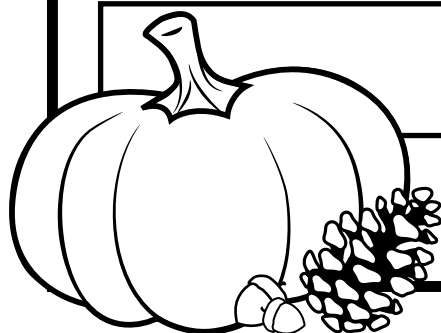


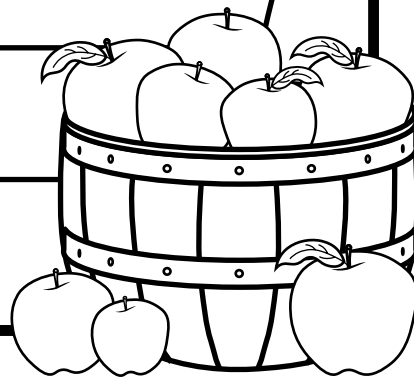
AUTUMN



ACTIVITY PACK



 **HEIFER**[®]
INTERNATIONAL





Welcome to the Autumn Pack!

Fall is here, and so is our **Autumn Activity Pack**! Kick off the season with our fall bucket list. See how many activities you can check off, then add two of your own to complete the list!

☐ BAKE A PUMPKIN PIE	☐ GO ON A HAY RIDE
☐ HOST A FRIENDSGIVING	☐ MAKE A SCARECROW
☐ VISIT A PUMPKIN PATCH	☐ CARVE A PUMPKIN
☐ GO TO A HAUNTED HOUSE	☐ JUMP IN A LEAF PILE
☐ ENJOY A BONFIRE & S'MORES	☐ CREATE A FALL WREATH
☐ WATCH A FALL MOVIE	☐ GO TO A CORN MAZE
☐ GO TRICK-OR-TREATING	☐ VISIT A LOCAL FAIR
☐ DO A FALL SCAVENGER HUNT	☐ DRINK APPLE CIDER
☐ _____	☐ _____



AUTUMN ACTIVITY

Put those fallen leaves to good use! Grab a rake and create your own backyard leaf maze. Make winding paths, tricky turns and dead ends, then see who can find their way through!



AUTUMN CHALLENGE

Create your own board game!
Give family game night a creative twist! Use items around the house to invent your own game or put a personal spin on one of your favorites. Whether you're crafting game pieces or different rules, create something new!



Growing a Better Future

Santiago grew up in a small bamboo house in rural Ecuador. He spent his days working on the farm, gathering water and firewood and fishing in the ocean with his father. But even with all that hard work, there wasn't always enough food to go around. Santiago remembers days when his family had very little to eat, and some days when they had nothing at all.



Today, Santiago is a farmer with a family of his own. But it hasn't always been easy. For years, Santiago struggled to earn enough money to support his family.

With help from Heifer International, Santiago learned new ways to care for his soil and grow crops throughout the year, instead of just during the rainy season. He now grows all kinds of food, including tomatoes, peppers, watermelon, bananas, lemons, papayas, plantains and avocados. And those changes are paying off. Santiago says his soil is healthier and his harvests are better.

“Because the earth is improved, the harvest is better,” he said.

Santiago also learned the value of working together. He joined with other farmers in his community to sell their produce for a better price. **“When you want to move forward, it is easier if you do that as part of a group,” he explained.**

Earning more from what he grows means Santiago can give his daughters, Vanessa and Camilla, opportunities he didn't have growing up. His older daughter, Vanessa, is 18 and a senior in high school. Recently, Santiago was able to buy her a laptop for school. His younger daughter, Camilla, is 8 years old and in fourth grade.

“In the past, I couldn't afford everything my daughters needed,” Santiago said. “Now, they say, ‘Dad, I need something,’ and I am able to give them what they ask for.”

And for Santiago, being able to provide for his daughters makes all his hard work worth it. **When you support Heifer, you help farmers like Santiago grow more food and build a brighter future for their families!**

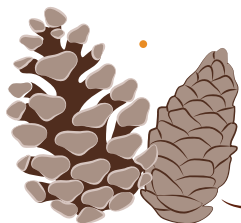


Autumn Word Search

Fall is in the air! Can you find all the autumn-themed words hidden below?



M Y O K L S P I C E S C Y D Y T V E I A L
I E S U N F L O W E R S A I T M N E M C Z
G R M T G R N M L N H A E R U S H V E O X
R S S L F Y Q A K A T A W Y R H P T A R B
A I C E T A P P L E S I T K A T A F S N U
T Y L A U V Y B C B M Y R O U Q M U O S U
I E R V R A Y N O Z E E P R T Y Y A E N B
N S W E C E E O T N D R Z U U P K E Z C E
G O Z S L I C R R T F O R T M H I F Z E P
P R A I I T F R M C K I U Y N P S N I X E
E K K V H U M E O A H P R Y C W K I G A W
S R C I A A L P L W N A R E P T A I C F R
R E U T Z E D Y A R H A R T U U Y T N Y E
G H A R V E S T A V M H U D A R A V A S P
T P X O G L E S E P F P U P I M S M W M I
Q E T O P L Y X P I N E C O N E S A E S Z
F Z S F X S M U F E I U G Z E Y V A I A T



- ACORNS
- APPLES
- AUTUMN
- BONFIRE
- HARVEST

- LEAVES
- MAZE
- MIGRATING
- ORCHARD
- PIE



- PINECONES
- PUMPKINS
- SCARECROW
- SPICES
- SUNFLOWERS





Pinecone Bird Feeder Craft

Give your backyard birds a tasty fall treat! Grab the supplies below to create your very own pinecone bird feeder.



SUPPLIES

-  **Pinecones**
-  **Peanut butter**
-  **Wild birdseed**
-  **String**



INSTRUCTIONS

STEP 1



Tie a string around a pinecone.

STEP 2



Using a spoon or spatula, coat the pinecone in peanut butter.

STEP 3



Roll the pinecone in birdseed until the peanut butter is fully covered.

STEP 4

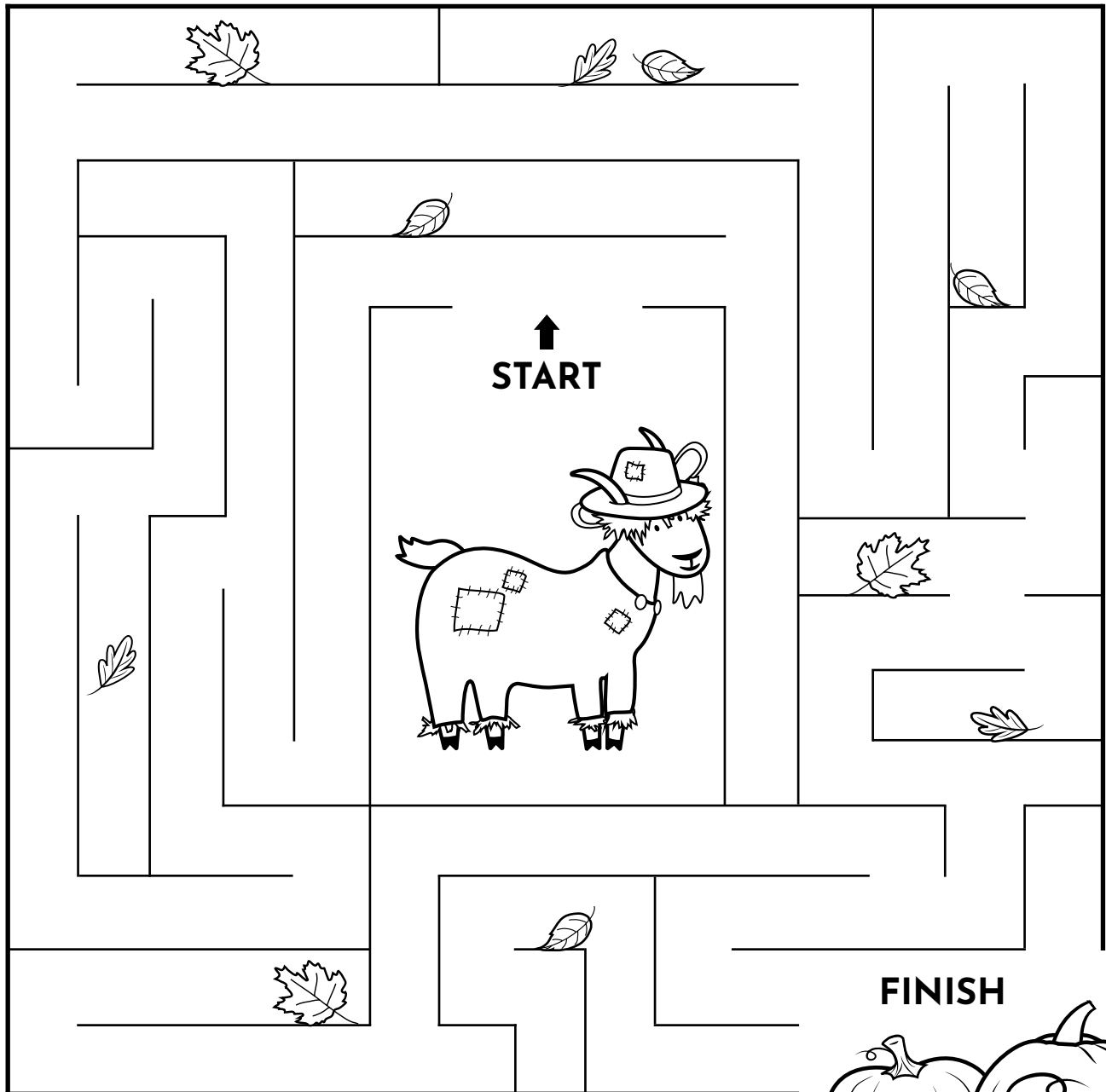


Hang the pinecone on a branch outside and let the bird-watching fun begin!



Scare-goat Maze: Seed Version

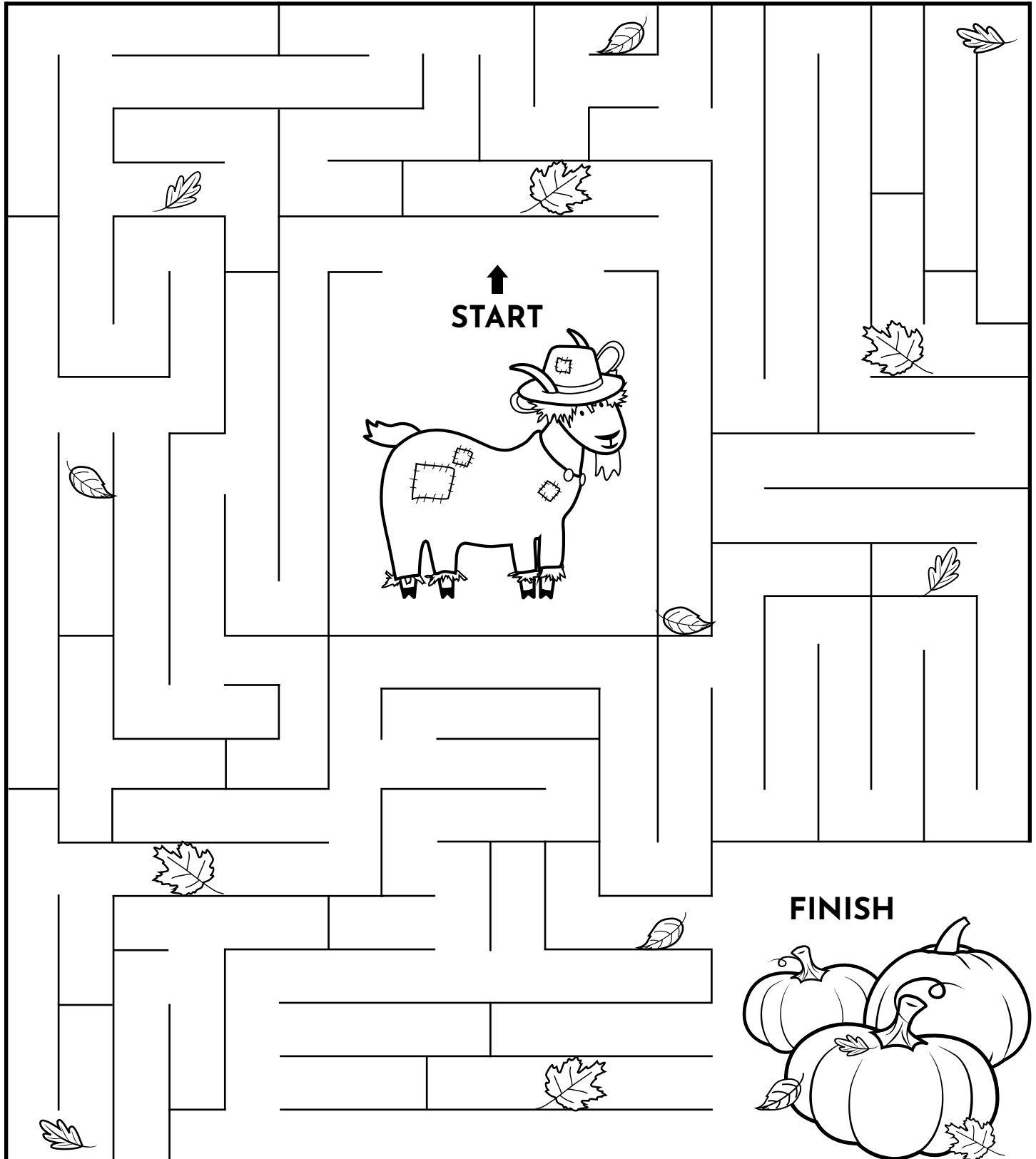
Gus the Scare-goat needs your help! Find your way through the maze and lead him to the pumpkin patch.

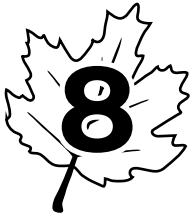




Scare-goat Maze: Vine Version

Gus the Scare-goat needs your help! Find your way through the maze and lead him to the pumpkin patch.





Backyard Camping Adventure

Grab your sleeping bag and get ready for a night under the stars!



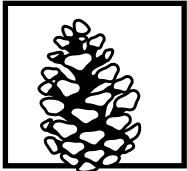
Packing List

- Tent
- Sleeping bag or blanket
- Pillow
- Flashlight
- Bug repellent
- Snacks

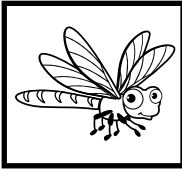
Activities

- Barbecue
- Lawn games
- Charades
- Bird and animal watching
- Sleeping bag race
- Making campfire popcorn
- Firefly watching
- Storytelling
- Shadow puppets
- Reading by flashlight
- Stargazing

NATURE WALK & SCAVENGER HUNT



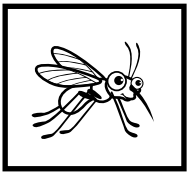
Pinecone



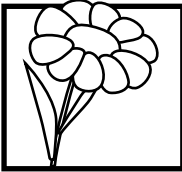
Dragonfly



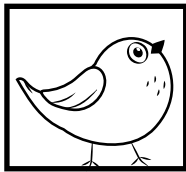
Leaf



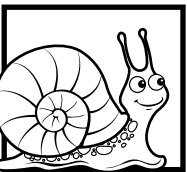
Mosquito



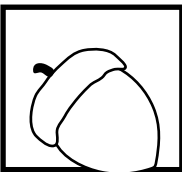
Flower



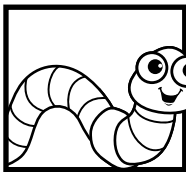
Bird



Snail

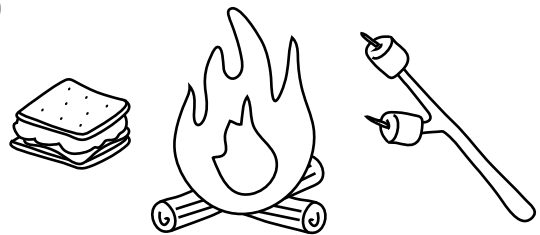


Acorn



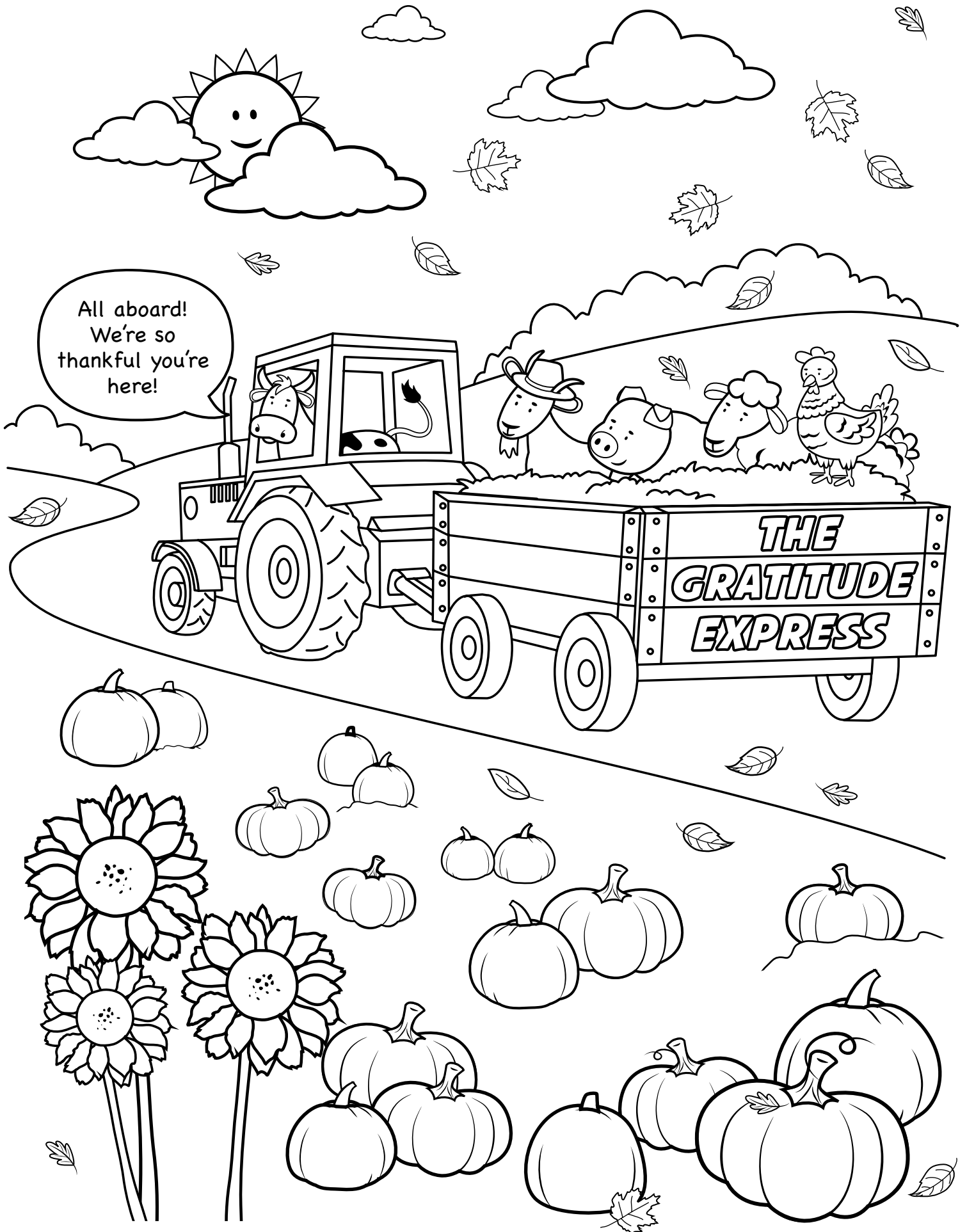
Worm

BONUS! • Animal tracks • Firefly
• Mushroom • Spider • Ant



S'MORES AROUND A CAMPFIRE

Enjoy s'mores around the campfire and share stories with your family.



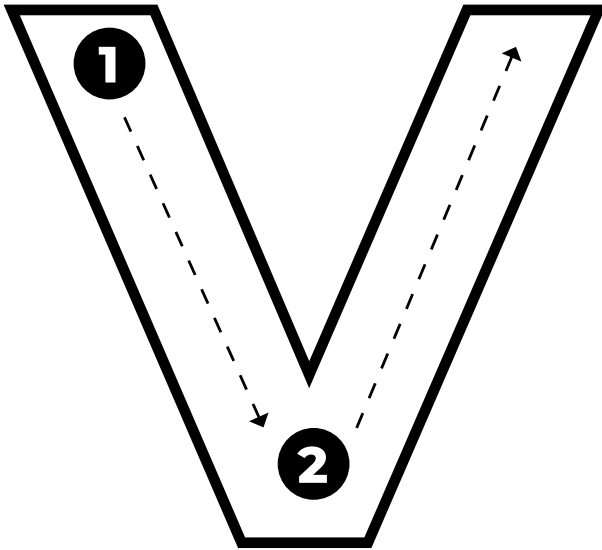
All aboard!
We're so
thankful you're
here!

**THE
GRATITUDE
EXPRESS**

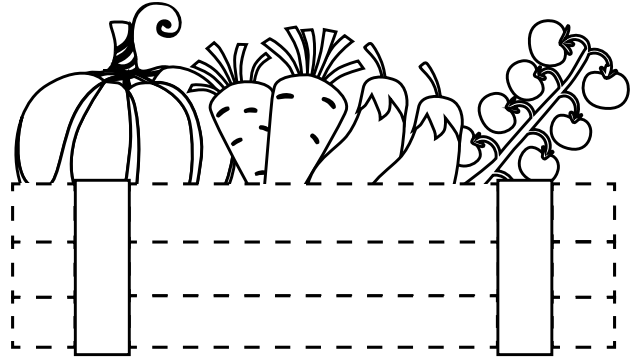


The Letter V

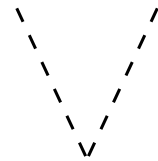
V is for vegetables! Practice your skills by tracing, coloring and writing the letter V below.



VEGETABLES



VOLCANO



____ine

____ampire

____alley

____iolin



Paper Pumpkin Craft

Create your own pumpkin to celebrate the season.



SUPPLIES

-  **Orange cardstock**
-  **Pipe cleaners (green and brown)**
-  **Paper fastener**
-  **Hole punch**
-  **Scissors**
-  **Ruler**
-  **Pencil**



INSTRUCTIONS

- 1** Mark every inch along the top and bottom of the paper's long edge.
- 2** Cut along the marks to create 11 strips.
- 3** Punch holes in both ends of each strip.
- 4** Stack the strips, secure them with a fastener on one end, and spread them out evenly.
- 5** Fold a brown pipe cleaner in half, then bend it into an L shape.
- 6** Feed the pipe cleaner through the holes of each strip, leaving about an inch inside the pumpkin.
- 7** Shape the pipe cleaner inside the pumpkin into a loop.
- 8** Attach a green pipe cleaner and wrap it around a pencil to create a curly vine.
- 9** Spread the paper strips evenly around the pumpkin.



Squash Bowling & Pumpkin Golf

Score some strikes and go for the green, veggie style!

SQUASH BOWLING SUPPLIES

- 10 squash or bowling pins
- A heavy ball



INSTRUCTIONS

- 1 Set up the squash pins.
- 2 Roll the ball and try to knock down as many as possible.
- 3 Take turns and keep score. Whoever knocks down the most pins wins!

PUMPKIN GOLF SUPPLIES

- A pumpkin with a hole cut in the side
- A kid-size golf club or stick
- A golf ball or other small ball

INSTRUCTIONS

- 1 Place your ball a few feet away from the pumpkin.
- 2 Aim for the hole in the pumpkin.
- 3 Swing away and hope for a *BOO*-gey!



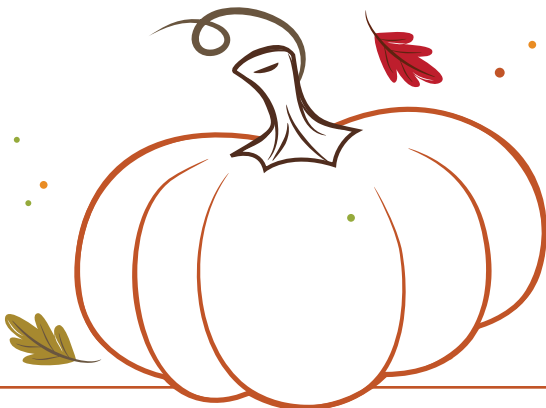


Fall Funnies

It's time to harvest some laughs! Can you guess the answers to these fall-themed jokes and riddles?

Q: What's the best way to find an apple? A: Keeping your eyes peeled	Q: What do you call a pumpkin that tells jokes? A: A pun-kin	Q: Why are trees so good at making new friends? A: They're always branching out!
Q: What's a scarecrow's favorite fruit? A: Straw-berries	Q: Why did the scarecrow win an award? A: Because he was outstanding in his field!	Q: What's a tree's favorite soda? A: Root beer
Q: What did the girlfriend leaf say to the boyfriend leaf? A: "I'm falling for you"	Q: Why was the corn such a good listener? A: Because it was all ears	Q: What do sweet potatoes wear to bed? A: Yammies

BONUS RIDDLE!



I'm tall when young,
I'm short when old
and every Halloween,
I stand inside jack-o-lanterns.
What am I?

A: A candle



Pumpkin Carving Stencils

Have a Heifer Halloween! It's easy — and fun — to show your Heifer pride this Halloween!



INSTRUCTIONS

- 1 Pick your favorite stencil and a nice round pumpkin.
- 2 Follow the carving directions included with your stencil.
- 3 Display your creation in a window, on a porch or anywhere that needs some Halloween cheer!

STENCILS

Download your favorite stencil here!





Fall-Inspired Recipes

These seasonal recipes will have you *fall*-ing head over heels.



S'MORES DIP

INGREDIENTS

- **Chocolate chips** or **chocolate bars**
- **Mini marshmallows**
- **Graham crackers**

INSTRUCTIONS

- 1** Preheat oven to 350 degrees.
- 2** Spread the chocolate chips or bars in an even layer in a small oven-safe dish.
- 3** Top with an even layer of mini marshmallows, completely covering the chocolate.
- 4** Bake for about 10 minutes, or until the marshmallows are melted.
- 5** Serve with graham crackers.

TIP Try other flavored baking chips, like peanut butter, peppermint or toffee.



AUTUMN APPLES

INGREDIENTS

- **4 apples**
- **1 teaspoon cinnamon** (ground)
- **1/4 teaspoon nutmeg** (ground)
- **2 teaspoons maple syrup** or **honey** (optional)
- **1/4 cup walnuts** or **pecans** (chopped)
- **1/4 cup raisins** or **dried cranberries**
- **1/2 teaspoon vanilla**
- **Splash of water** or **unsweetened apple juice**

INSTRUCTIONS

- 1** Preheat oven to 375 degrees.
- 2** Remove the core of each apple to form a well.
- 3** In a small bowl, mix cinnamon, nutmeg, nuts, dried fruit, vanilla and maple syrup or honey.
- 4** Stuff each apple with the mixture.
- 5** Place apples in a baking dish and add a splash of water or apple juice to the bottom of the dish.
- 6** Cover with foil and bake for 25–30 minutes, until the apples are tender.



PUMPKIN BREAD

This recipe makes two loaves.

INGREDIENTS

- | | | | |
|---------------------------|-----------------------------|-------------------------------------|------------------------------|
| • 1 2/3 cups flour | • 2 eggs | • 1 teaspoon baking soda | • 1/4 teaspoon cloves |
| • 1 1/2 cups sugar | • 1/3 cup water | • 1/2 teaspoon baking powder | (ground) |
| • 1 cup pumpkin | • 1/2 cup shortening | • 1/2 teaspoon cinnamon | • 3/4 teaspoon salt |

INSTRUCTIONS

- 1** Preheat oven to 350 degrees.
- 2** Line two loaf pans with parchment paper.
- 3** Sift dry ingredients together.
- 4** Stir in remaining ingredients.
- 5** Divide batter evenly between the prepared loaf pans.
- 6** Bake for 50–60 minutes.



Answers

CONGRATULATIONS! You completed the Autumn Activity Pack.

As you wrap up your fall fun, we just want to say how grateful we are for you! Your kindness makes the world a better place, and we're so glad you're part of the Heifer family.

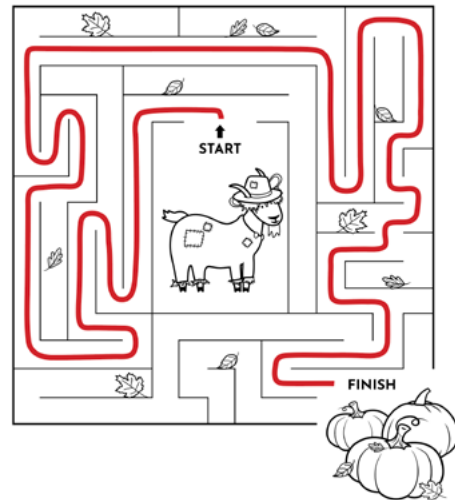


Autumn Word Search

MYOKLSPTICESCYDYTVETIAL
E SUNFLOWERSAITMNEMCZ
GRMTGRNMLNHAERUSHVEOX
RSSIFYQAKATAWYRHPTARB
AIGETAPPLESITKATAFSNU
TYLUVYECBMYROUQMUOSU
ERYPAYNOZEEPRTYYYENB
NSWECCEOTNDRZUUPKEZCE
GOZSLIGRRTTORTMHIFZEP
PRAIITFPMCKUYNRSNIXE
EKKVHUMEDANPRYCWKIGAW
SRCIAALPLWNARPTAICFR
REUTZEDYARHARTUUYTHYE
GHARVESTAVMHUDARAVASP
TPXOGLESEPPUPIMSMWMI
QETOPLYXPNECONESAESZ
FZSFXSMUFEIUGZEYVAIAT



Scare-goat: Seed Version



Scare-goat: Vine Version

