



**Dear Counselling Corner:**

We had a great summer with a lot going on and now we are back at school and have had a positive start so far. We know that it would probably be a smart idea to get our children in after school activities, but we are still cautious and wish to keep our social interactions low key for now. We are wondering if you can recommend some educational activities which are fun for our children now that the weather is getting cooler which we can do at home. Thanks so much.

**Mom and Dad**

**Dear Mom and Dad:**

Thanks for reaching out. Fall is a special time and one for new beginning and new friendships. The fall colours are like no other and Thanksgiving and Halloween are not far away. Fall is the perfect time to get cozy and snuggle with a good book. There are a wide range of activities which you can get involved in once the weather cools down which are educational and fun. Consider hiking, decorating for fall, making crafts or playing a game. Here are some interesting ideas below:

<https://myemail.constantcontact.com/Fun-with-Fall--October-Parenting-Tip-of-the-Month.html?soid=1103157460799&aid=y6D2tEsITLc>

<https://www.care.com/c/101-fun-fall-activities-for-kids/>

<https://kidsactivitiesblog.com/18391/50-activities-for-autumn/>

I still remember as a young child, my mom pulling out her fall recipes and teaching my siblings and me to cook. We learned to make pumpkin and apple pies from scratch, cook simple meals and bake healthy treats. We became fascinated and began to pour through cooking books exploring the world of culinary delights (at first not all of our cooking adventures turned out to be delightful!). As a parent, I continued the trend and my daughters have also taken a keen interest in cooking. Here are some detailed websites for cooking ideas:

<https://www.pinterest.ca/pin/52917364355791634/>

<https://www.momtastic.com/recipes/dessert/656555-no-bake-fall-desserts/#/slide/1>

Playing board games with your children can also be an entertaining way to teach invaluable skills as well as having a hilarious time.

<https://www.scholastic.com/parents/kids-activities-and-printables/activities-for-kids/arts-and-craft-ideas/benefits-board-games.html>

*The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning. Please contact me if you have any questions or concerns at [hchang@sd43.bc.ca](mailto:hchang@sd43.bc.ca).*

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