

Hello Trees Resource Sheet

What to look for outdoors in Autumn

Awesome Autumn



Autumn is a glorious time and we owe it to ourselves and to Autumn to get out there and revel in it.

'Shots of serotonin into the bloodstream'? Or 'intense moments of delight'?

Certainly, joyful memories to last a lifetime.

A gift past price to give a child – and ourselves.



Kicking Leaves:

'Through leaves' was Vita Sackville-West's family shorthand expression for something uncomplicatedly pleasurable.

The expression came from the joy of kicking through dry leaves on an Autumn walk.

Which do you like better, wading or kicking?

Or both?



Tossing leaves in the air:

Scoop up whole bunches of leaves in your arms then fling them away. Release whole handfuls of leaves, tossing them up to float in the wind.



Scrunching leaves:

'Whisper', 'patter', 'rustle', 'crunch', 'scrunch'.

Each of these words sounds like their sound.

Can you make the leaves whisper, patter, rustle, crunch and scrunch?



Rolling in leaves:

Perhaps this is the way to get your ear closest to the leaves as you make them scrunch.

Rolling sideways down a hill is one of the [National Trust 50 things-to-do](#).

To roll down a hill of dry leaves in Autumn is even better.



Only wear your oldest, most easily washable clothes - ones that you can take off before you sit on a seat!



Snuggling into a leaf rug:

Heap up leaves, sit next to them then scoop them round you.

And if the leaves are not yet dry?

Then some leaves will still be on the tree and some will have glorious Autumn colour.



Try to catch a falling leaf:

It is not as easy as it looks.

You will find yourself running around chaotically.

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Climb inside a jewel-lined cave
A jewel-lined cave is what being beneath a tree of autumn leaves can seem like.



Climb the tree inside the jewel-lined cave.



Feel the leaves with your fingertips.
Silky soft? Tough and crackly?



Smell the leaves,
catch a falling leaf,

decorate yourselves and each other with interesting leaves, ...



Simply muck about and enjoy yourself!

Be inspired by photos of ['playing in leaves'](#)



Sad to be going home?

Take a moment to look around.
Savour it.

Then, collect lots of lovely leaves to take with you so that you can play colour snap and shape snap when you get home.



Colour snap



Shape snap



Do tell us on our [Facebook](#) page what you like doing outdoors in Autumn.



For more fun things to look for and do, see the [Hello Trees website](#)