

Halloween/Autumn Pumpkin Mobile



Something to keep
Rainbows busy
this half term...



Print out the pages on white card
and very carefully cut out.



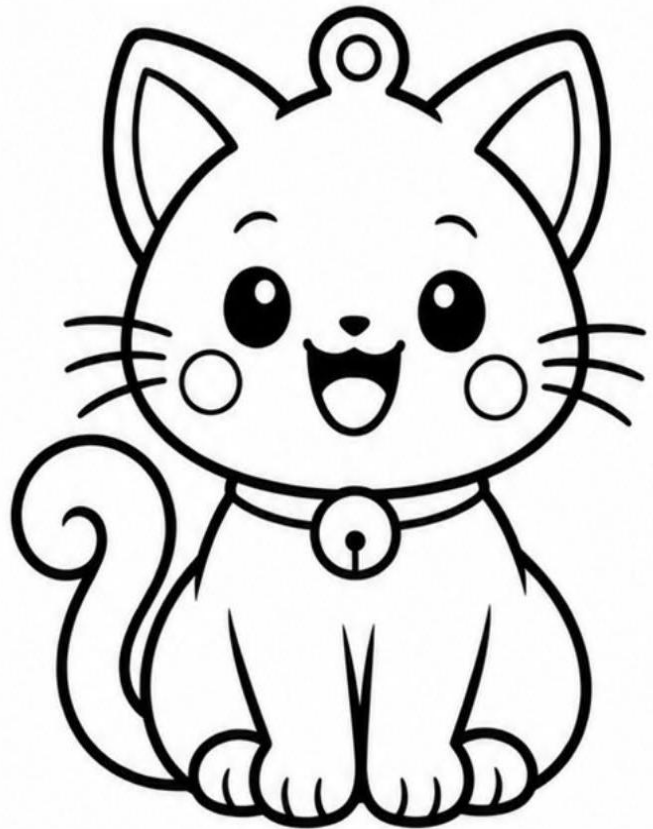
Colour in your danglies

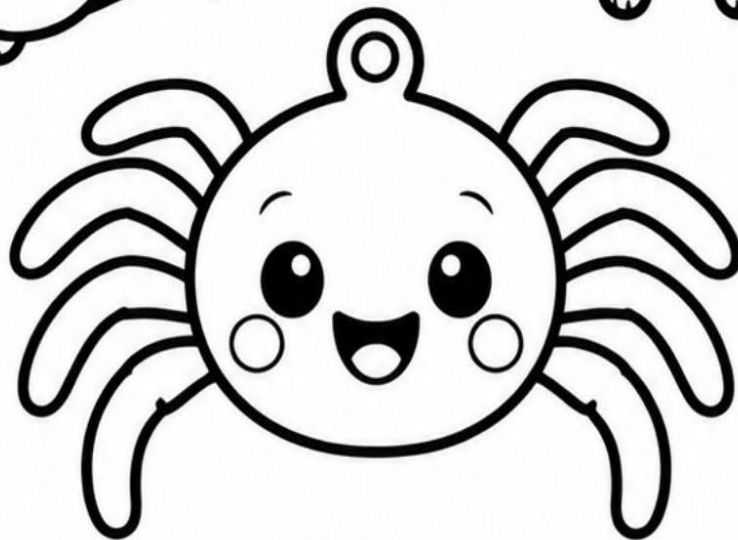


and then thread with cotton thread

and tie on as shown in the
above picture.













Top tip if you laminate the picture and use a white board marker you can clean after use and use again

Paper Plate Spider Web

Here's what we used:-

- Coloured paper plate
- Hole punch
- Coloured wool
- Spider template
- Googly eye stickers
- Scissors
- Glue/tape



How to make your paper plate spider web craft:-

1

Use a hole punch to make holes around the edge of the plate.



2

Thread wool through the holes, kriss-crossing across the plate, finishing through the hole you began with and tie the ends together to form a hanging loop.



3

Cut out your spider template, colour him in or print on coloured card and fix on googly eyes.

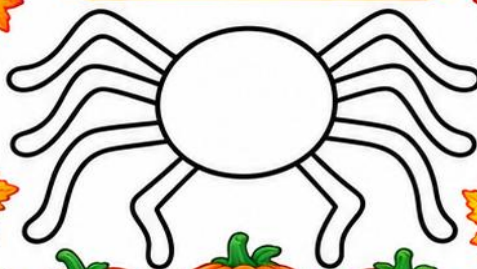


4

Glue your spider onto his web and hang him up.



Spider Template



Pumpkin Quesadillas

Tasty, simple and perfect for Autumn and Halloween!

A creative recipe that kids will love!

Fun, healthy and delicious!



Age:
3+ years



Preparation time:
15 minutes



Cooking time:
5–10 minutes



Servings:
about 4 pumpkin quesadillas

Ingredients



4 tortilla wraps
(flour tortillas)



100 g grated cheese
(e.g. cheddar or mozzarella)



2 tbsp tomato sauce
(optional)



1 green bell pepper
(for the stems)



50 g ham cubes
(or turkey ham)

You will need



Cutting board



Child-safe knife
(or a regular knife for adults)



Small bowl or small plate
(as a template)



Frying pan



Spatula

Let's make it!

1



Cut the tortillas
Place a small bowl or plate on the tortilla and cut around it. This will give you round tortillas.

2



Cut the face
On one of the round tortillas cut out eyes and a mouth with a knife.

3



Fill
Spread tomato sauce (on the bottom tortilla), add grated cheese and ham cubes.

4



Close
Place the cut-out tortilla on top of the filled tortilla and press the edges slightly.

5



Cook
Cook in a pan over medium heat for 2–3 minutes per side, until golden brown and the cheese is melted.

6



Add the stem
Cut a small strip of green pepper and place it on top. Serve with ketchup. Have fun!

Variations



With ham
(e.g. turkey ham)



With vegetables
(e.g. bell pepper, corn, courgette)



With tuna
(e.g. tuna, sweetcorn)

The benefits



Kids can help



Simple preparation



Great fun for kids



Perfect for any occasion

A delicious snack with a big taste – for happy moments every day!

Storage



Store in an airtight container in the fridge for up to 2 days. Reheat in a pan or in the oven – then they're crispy and delicious again!

Little recipes for brighter futures



Laminate the picture and the playing pieces to use again.

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Autumn Stone Naughts & Crosses

For a fun game that doubles as a craft project, try making an Autumn Stone **Naughts and Crosses** set.

What You'll Need:

- Painting stones
- Paint
- Paintbrushes
- Zip bag
- Multi-purpose varnish



How to Make It:

- 1** Paint half of the stones to look like autumn leaves and the other half to look like mushrooms.



- 2** Create a Naughts and Crosses grid.



- 3** Once everything is dry, challenge your family and friends to a fun game of **Naughts and Crosses** with your autumn-themed pieces!



- 4** Laminate the base card and store in a zip lock bag with your stones.



This is a great craft for children to make and play with during a cosy autumn evening indoors.



What You'll Need:

-  Printing template
 -  Coloured card
 -  Paint
 -  Paintbrushes
 -  Scissors
 -  Glitter card (optional)
 -  Glue or tape
 -  Ribbon
- 

1 Use the template to cut out the shapes from glitter card. Remember to cut around the triangular shape on the template.



2 Draw around the triangular shape onto the paper plate and cut it out.



3 Decorate your witch's hat. Add a strip for the hat band and a buckle.



4 Use a hole punch to make a hole at the top of the hat.



5 Cut a length of ribbon and thread the witch's hats onto the ribbon to finish the bunting.

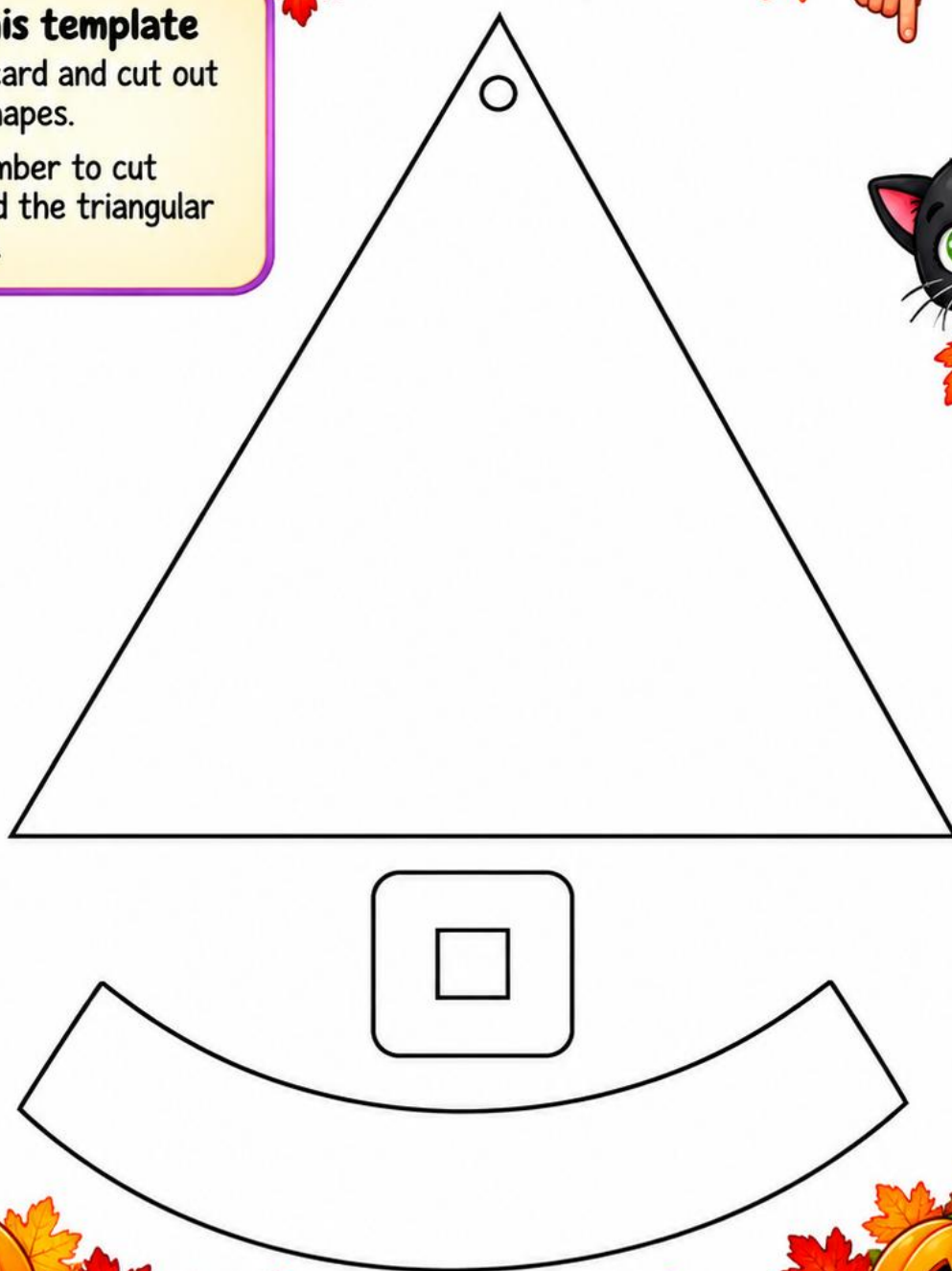


This is a great craft for children to make and play with during a cosy autumn evening indoors.

Witch's Hat Template

Print this template

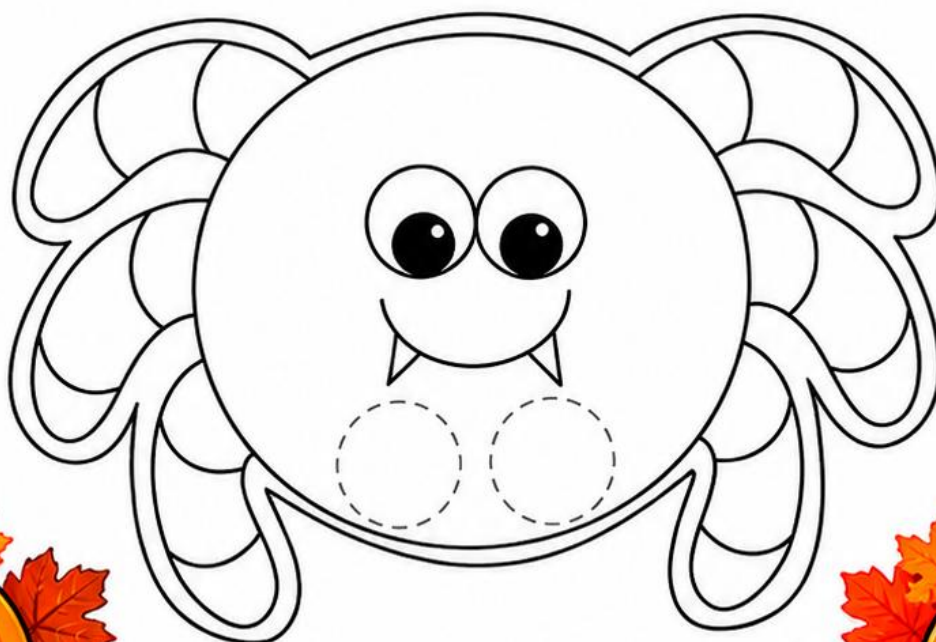
- onto card and cut out the shapes.
- Remember to cut around the triangular shape.



Halloween Finger Puppets

How to Make:

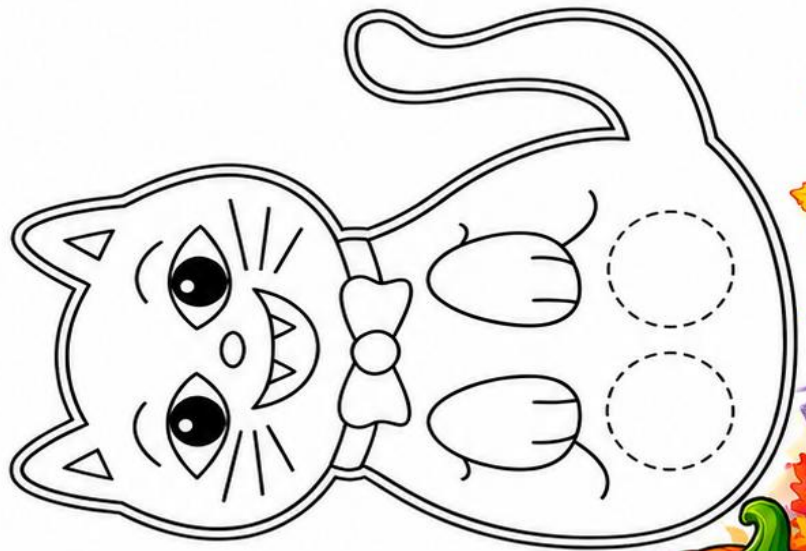
- 1 Print the templates.
- 2 Colour in your finger puppets.
- 3 Carefully cut around the outlines.
- 4 Pop your fingers through the holes and put on a show!



Halloween Finger Puppets

How to Make:

- 1 Print the templates.
- 2 Colour in your finger puppets.
- 3 Carefully cut around the outlines.
- 4 Pop your fingers through the holes and put on a show!



Colour, cut and
create your own
spooky finger
puppets!

Mummy Sausage Rolls

Spooky, tasty and super easy!
Perfect for Halloween, parties or a fun snack!



Age:
3+ years



Preparation time:
15 minutes



Baking time:
15–20 minutes



Servings:
about 12 mummy sausage rolls

Ingredients ♥



1 roll puff pastry
(or pizza dough)



12 small sausages
(e.g. cocktail sausages or chicken sausages)



1 egg
(for brushing)



ketchup
(for serving)



candy eyes
(or small cheese pieces and olive slices for the eyes)

You will need ♥



Cutting board



Child-safe knife
(or a regular knife for adults)



Baking tray
with baking paper



Pastry brush

Let's make it! ♥

1



Prepare the dough
Roll out the puff pastry and cut it into thin strips (about 1 cm wide).

2



Wrap the sausages
Wrap the pastry strips around the sausages, leaving small gaps (like a mummy).

3



Place on the tray
Place the mummy sausages on a baking tray lined with baking paper.

4



Brush with egg
Beat the egg and brush it over the mummy sausages with a pastry brush.

5



Bake
Bake in a preheated oven at 180°C (160°C fan) for about 15–20 minutes until golden brown.

6



Add the eyes
After cooking, stick on the candy eyes or cheese pieces with olive slices. Serve with ketchup. Enjoy! ♥

Variations ♥



With cheese
Wrap a cheese strip with the pastry.



Mini mummies
Use cocktail sausages.



Vegetarian
Try veggie sausages or chopped vegetables.

The benefits ♥



Kids can help



Simple ingredients



Great fun for kids



Perfect for any occasion

A spooky snack with a big taste – for happy moments every day! ♥

Storage ♥



Store in an airtight container in the fridge for up to 2 days. Reheat in an oven or air fryer until hot and crispy! ♥

Little recipes
for brighter futures ♥

Beaded Spider Decoration

1 Cut 4 green pipe cleaners 25cm long.



2 Hold the 4 pieces together and twist them a few times in the middle to join them together. These will be the spider's legs.



3 Thread onto each leg glow in the dark beads, leaving around 1cm of pipe cleaner sticking out at the ends.



4 Bend each leg into an arch shape and then bend the ends to make the spider's feet. This will also stop the beads from falling off.



5 Cut a piece of orange ribbon around 15cm.



6 Tie the ribbon to the middle of the legs where the green pipe cleaners were twisted together. Tie the ribbon into a loop secured with a double knot.



7 Cover both sides of the middle of the pipe cleaners with glue dots.



8 Take 2 large black pom poms and stick one either side of the middle of the pipe cleaners sticking to the glue dots. Press and hold the black pom poms together so that they are secure.



9 Stick lots of coloured wiggle eyes onto the face of the spider.



A fun and easy Halloween craft to make and hang up for a spooky touch!

Autumn I SPY

How many can you see?



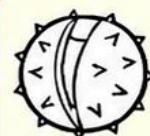
OAK LEAF

☐


HORSE
CHESTNUT
LEAF

☐


SAMARAS
(Winged Seed)

☐


CONKERS

☐


ACORNS

☐


SYCAMORE
LEAF

☐


PINE
CONES

☐


FERN

☐

Toadstool Lantern

What You'll Need:



Plastic Mason Jar



Red and white felt



Black marker



Googly eyes



LED String Lights



How to Make It:

1

Cover the plastic mason jar with white tissue paper squares and layer with PVA glue.



2

Using the template, draw and cut out the shapes from red and white felt to make the top of the toadstool.



3

Stick on the wiggly eyes, add felt cheeks, and draw a smile to complete the face.

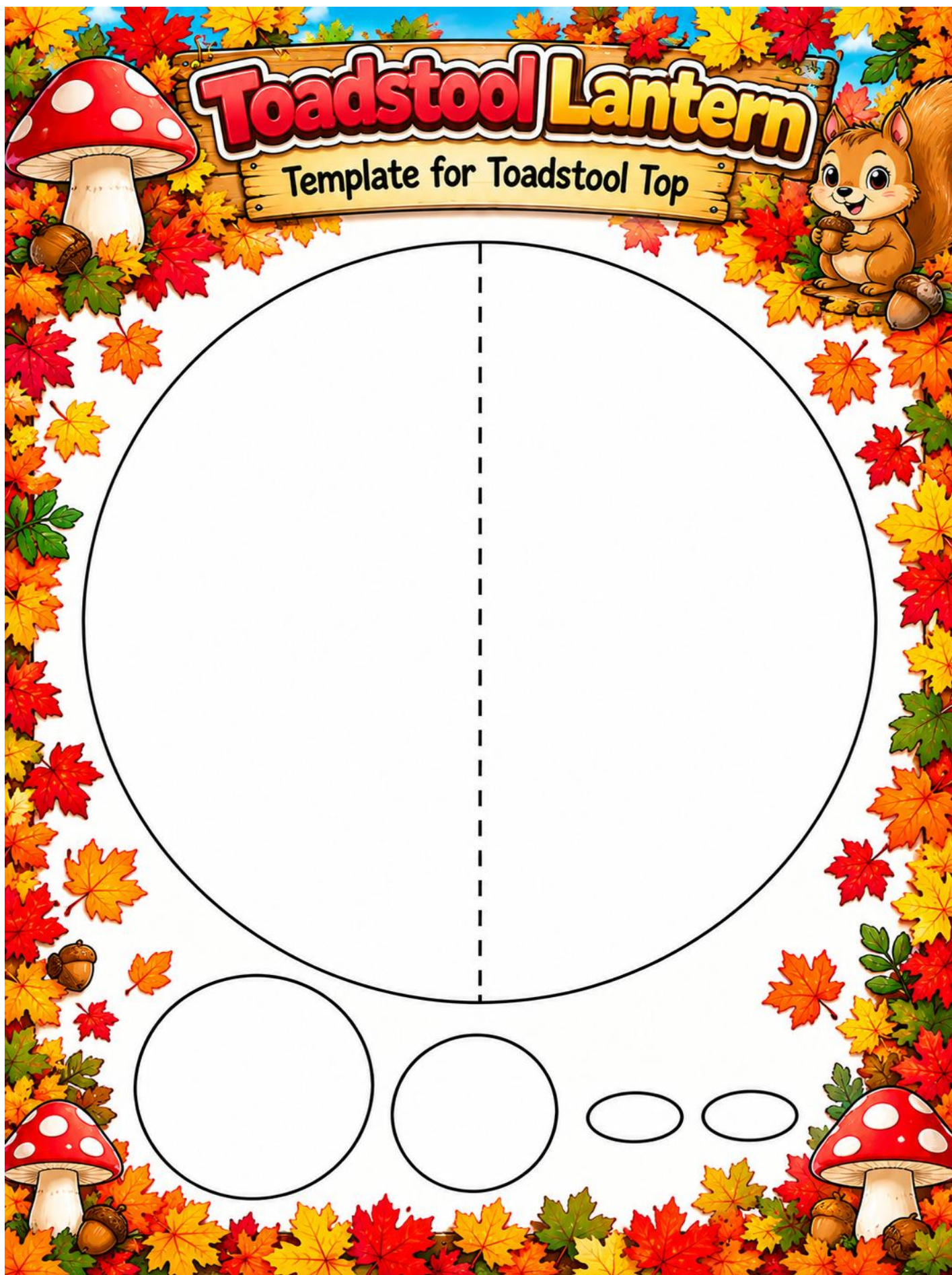


4

Pop a battery-operated tea light or LED string lights inside to light up your cute little toadstool lantern.



A cosy lantern adds warmth to any autumn evening, and makes a whimsical, nature-inspired decoration.



Spider Crackers

Quick, easy and super tasty for little Halloween fans!

Small Snacks Big Smiles!

Fun to make, delicious to eat!

Age: 2+ years

Preparation time: 10 minutes

Cooking time: 0 minutes

Servings: about 8 spider crackers

Ingredients

- 8 round crackers (e.g. salted crackers)
- 100 g cream cheese (or spread)
- 8 black olives (and a few extra slices for the eyes)
- 16 pretzel sticks (2 per leg)
- 2 slices of cheese (e.g. mozzarella or gouda)

You will need

- Cutting board
- Knife (for adults)
- Spoon (for spreading)
- Plate

Let's make it!

- Place the crackers on a plate.
- Spread cream cheese on each cracker.
- Place one whole olive in the middle and stick 4 pretzel sticks on each side as legs.
- Cut small circles from the cheese and place them on the olive. Add small olive slices on top for the eyes.
- Your spider crackers are ready to eat! Have fun! ♥

Variations

- With green olives
- With cherry tomatoes
- With cucumber

The benefits

- Rich in protein (cheese, olives)
- Quick and easy to prepare
- Fun for kids
- Perfect as a snack or for parties

A little snack with a big impact – for happy moments every day! ♥

Storage

Store in the fridge for up to 1 day. Best enjoyed fresh!

Little recipes for a brighter future ♥



Pom-Pom Apple Craft

♥ A fun apple craft for Rainbows! ♥

CREATE
LEARN
BE KIND
GROW
TOGETHER
♥

Rainbows
Crafts
Brighten
Days
♥

Materials



apple outline template
or cardstock



red pom-pom balls



green construction paper



brown construction paper



glue



scissors



black marker (optional)

Instructions

1



Draw or cut out an
apple shape.

2



Glue red pom-pom balls
all over the apple.

3



Cut out a green leaf
and brown stem.

4



Glue the leaf and stem
to the top.

5



Add a cute face with
a black marker if desired.

6



Let it dry and display
your apple craft.

♥ A Cozy Autumn Activity for Rainbows! ♥

Rainbow Melted Crayon Pumpkin

What You'll Need:



White pumpkin
(real or foam)



Broken crayons
in various colours



Green cardstock
or felt



Hairdryer



Glue gun



How to Make It:

1

Paint your pumpkin black then glue broken crayons around the top of the pumpkin.



2

Using a hairdryer, heat the crayons until they start to melt and drip down the sides.



3

Let the pumpkin dry and admire your colourful masterpiece!



A fun, colourful and less messy way to decorate a pumpkin!

Autumn Hedgehog

A fun and easy autumn craft using natural colours!

What You'll Need:



Craft card
(or recycled card)



Autumn leaves
(real or artificial)



Googly
eyes



Button



Black
marker



Glue

1

Cut out the hedgehog template. Trace it onto craft card and cut out the shape.



2

Glue autumn leaves onto the back for the spiky fur.



3

Add a jumbo wiggly eye and a button for the nose.



4

Draw on a happy little smile.

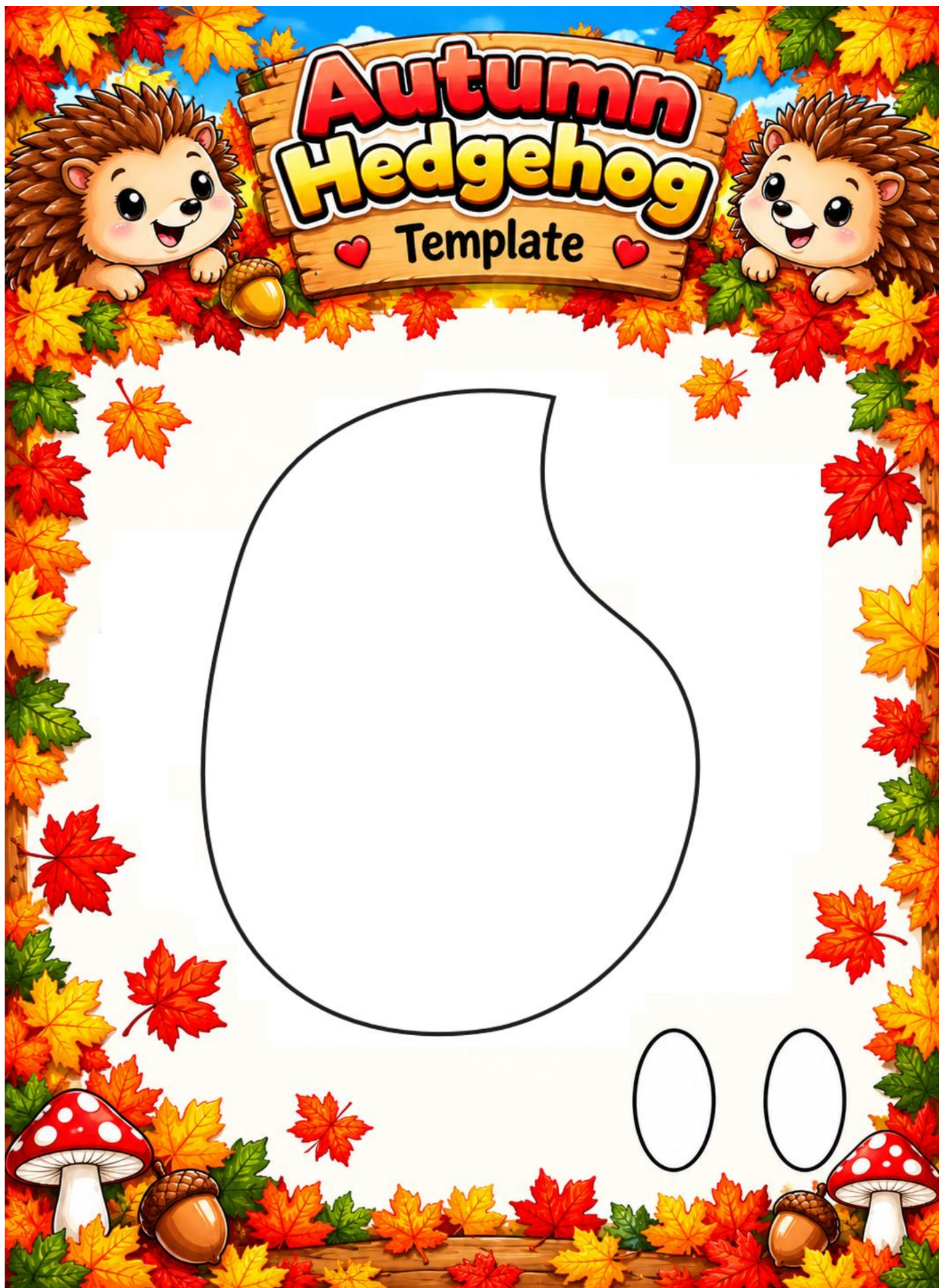


5

Fold a rectangle of card into a stand and stick it to the back so your hedgehog can stand up proudly!



Get creative with different shapes, colours and leaves!





Age:
3+ years



Preparation time:
20 minutes



Baking time:
20 minutes



Servings:
about 12 mini apple pie cups

Ingredients ♥



1 roll
puff pastry
(or shortcrust pastry)



3 apples
(e.g. Gala)



2 tbsp
brown sugar
(or regular sugar)



1 tsp
cinnamon



1 tbsp
lemon juice



1 tbsp
cornstarch
(or all-purpose flour)



1 tbsp
butter
(for greasing
the muffin tin)

You will need ♥



Cutting board



Child-safe knife
(or a regular knife
for adults)



Mixing bowl



Muffin tin



Spoon



Pastry brush
(for greasing)

Let's make it! ♥



1 Prepare the apples
Wash, peel and cut
the apples into small
cubes.



2 Mix the filling
In a bowl, combine
the apples with sugar,
cinnamon, lemon juice
and cornstarch.
Mix well.



3 Cut the dough
Roll out the pastry
and cut out circles
(slightly larger than
the muffin cups).



4 Prepare the cups
Grease the muffin tin
with butter. Place the
dough circles in the cups
and gently press them
down.



5 Add the filling
Spoon the apple
mixture into the
pastry cups.



6 Bake & enjoy!
Bake at 180 °C (350 °F)
for about 20 minutes,
until golden brown.
Let cool and dust with
powdered sugar.
Enjoy! ♥

Variationes ♥



With raisins



With nuts
(e.g. walnuts)



With autumn
decoration

The benefits ♥



Rich in
vitamins
(apples)



Natural
ingredients



Fun
for kids



Perfect
for fall

A little snack with a big taste –
for happy moments every day! ♥

Storage ♥



Store in an airtight
container in the fridge
for up to 2 days.
Best enjoyed fresh
so the crust stays
crispy! ♥

Little recipes
for a brighter future
♥

Split Pin Scarecrow

You will need:



Scissors



Split pins



Colouring pencils
or crayons



Glue
(optional)

Instructions:

- 1** Colour in all the pieces of the scarecrow.



- 2** Carefully cut out the pieces along the dotted lines.



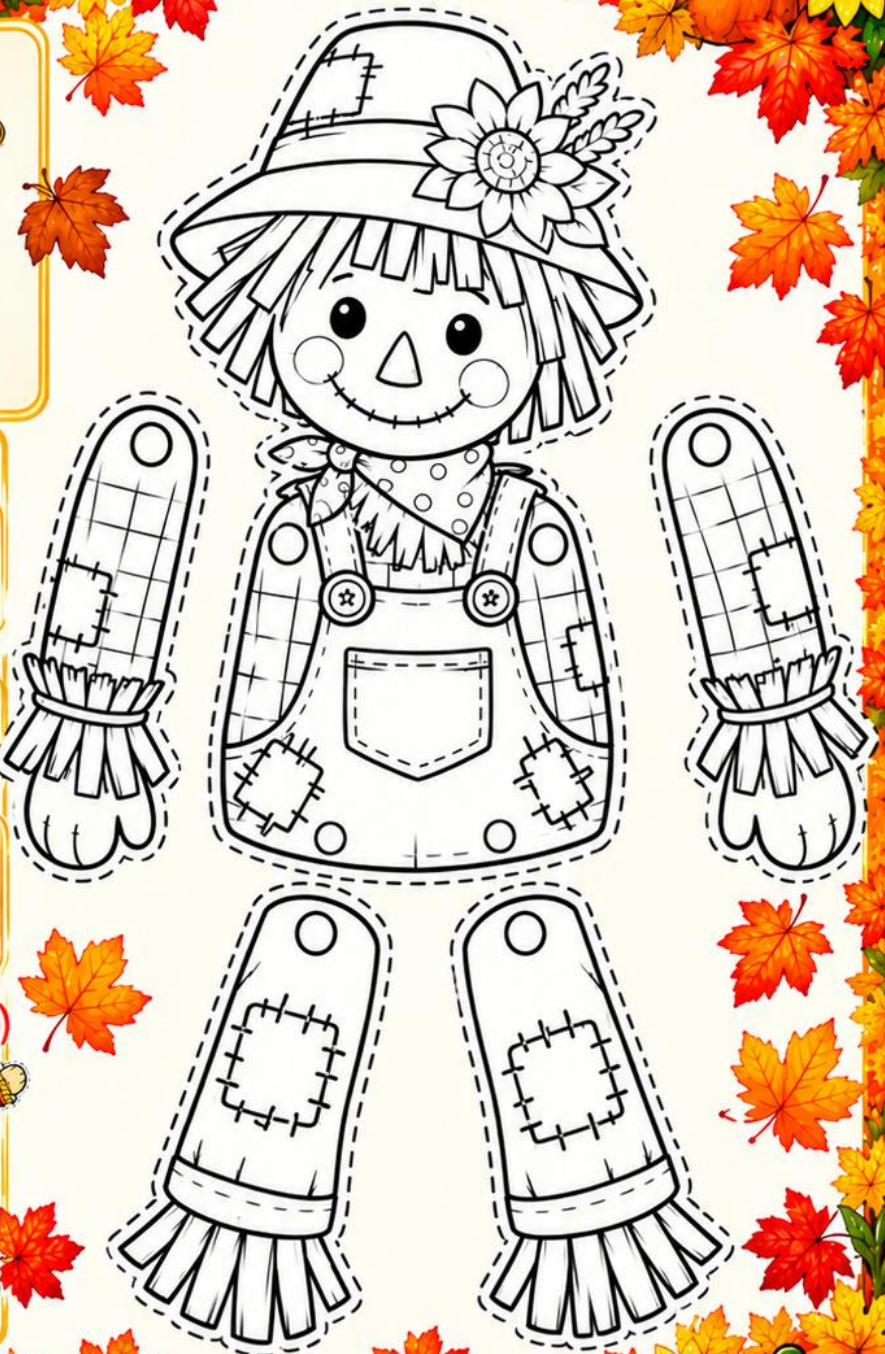
- 3** Use a split pin to attach each arm and leg to the body.



- 4** Move the arms and legs to make different poses!



- 5** You can glue the scarecrow onto thicker card if you like.



Spot the Differences

Can you find 8 differences?



1 2 3 4 5 6 7 8

Spot the Differences

Answers



1 2 3 4 5 6 7 8

Pumpkin Tissue Paper Craft

A fun pumpkin craft for Rainbows!



Materials



white paper



pumpkin outline template



orange tissue paper



green paper



brown paper



glue



black marker

Instructions

1



Draw or print a pumpkin outline on white paper.

2



Tear orange tissue paper into small pieces.

3



Glue the orange tissue paper pieces inside the pumpkin shape.

4



Cut out a green leaf and a brown stem.

5



Glue the stem and leaf onto the pumpkin.

6



Let it dry and show off your pumpkin art!

Caramel Apple Bites



Ingredients



2 apples, sliced



1/4 cup
caramel sauce



1/4 cup mini
chocolate chips



1/4 cup granola



2 tbsp mini
marshmallows



2 tbsp chopped
peanuts (optional)

Instructions

1

Arrange apple slices
on a plate.



2

Drizzle with
caramel sauce.



3

Sprinkle on chocolate
chips and granola.



4

Add mini marshmallows
and peanuts.



5

Serve right away.



♥ A Cozy Fall Recipe for Rainbows! ♥







Autumn Animal Garland



1 Colour

Colour in the autumn animals.



2 Cut out

Carefully cut out each animal.



3 Make holes

Make a hole at the top of each animal.



4 Thread

Thread some string or ribbon through the holes to make your garland.



Autumn Animal Templates



Finished Garland Example

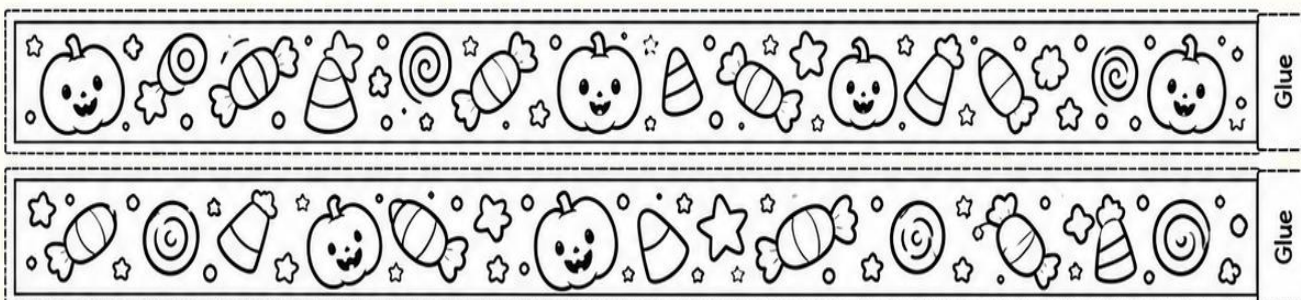


A lovely autumn decoration to make and hang at home or at Rainbows!



1 Crown Strips

Print and cut out the two crown strips. Glue or tape them together to make one long strip. Cut to fit and secure around the head.



2 Front Decorations

Colour in, cut out and glue to the front of your crown.



3 Finished Crown

Here are some examples of finished crowns. You can colour the strips and decorations in any colours you like!





1 Choose your pumpkin

Pick a pumpkin with a firm skin and a flat bottom so it sits steadily.



2 Prepare and clean

1. Wash the pumpkin.
2. Cut a circle in the top and lift off the lid.
3. Scoop out the seeds and stringy bits with a spoon.



3 Carve a design

Draw a simple pattern on your pumpkin and carefully cut it out. Ask an adult to help with the cutting.



4 Light it up

Place a battery LED tealight inside to make your pumpkin glow.



Use a battery light – it's safer than a real candle!

5 Save the seeds

Rinse the seeds in a sieve to remove the stringy bits.



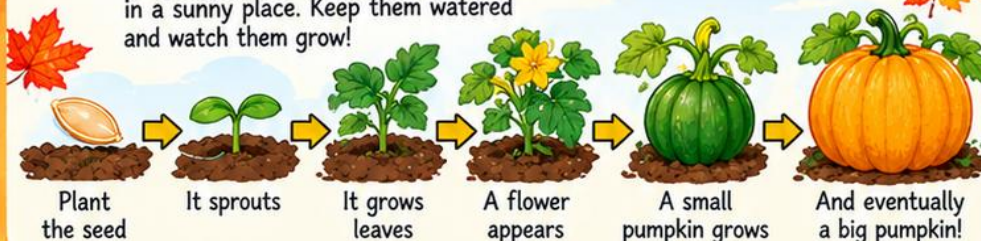
6 Dry the seeds

Spread the clean seeds on a piece of kitchen roll and leave them to dry for a few days.



7 Plant next spring

In spring, plant the dried seeds in soil in a sunny place. Keep them watered and watch them grow!



Other ways to reuse pumpkin parts



Roast the seeds for a yummy healthy snack!



Put the stringy bits and skin on the compost heap to help the garden.

Apple Yoghurt Mini Muffins

Soft, healthy and delicious
for little ones! ♥

Little
muffins
Big
Smiles! ♥



Age:
2+ years



Preparation time:
15 minutes



Baking time:
20 minutes



Makes:
12 mini muffins

Ingredients ♥



150 g
apples
(about 1 medium)



1 egg
(size M)



80 g
oats
(fine or rolled)



80 g
plain flour
(or oat flour)



100 g
natural yoghurt
(unsweetened)



60 ml
milk
(or dairy free
alternative)



50 g
butter
(melted)



1 tbsp
brown sugar
(optional)



1 tsp
cinnamon
(optional)

You will need ♥



Chopping board



Child-safe knife
(or a regular knife
for adults)



Mixing bowl



Whisk
(for mixing)



Grater
(for the apple)



Mini muffin tin
(for 12 muffins)



Spatula

Let's make them! ♥



1 Prepare the apple
Wash, peel (if you like)
and grate the apple.



2 Mix the ingredients
In a bowl, mix the apple,
oats, flour, yoghurt, milk,
melted butter, sugar
(if using) and cinnamon
(if using).



3 Stir well
Mix everything
together until you
have a smooth,
thick batter.



4 Fill the cases
Spoon the mixture
into a mini muffin tin
(about 12 cases),
filling each one about
three-quarters full.



5 Bake
Bake in a preheated
oven at 180°C (160°C fan)
for about 20 minutes,
until golden brown.



6 Cool and enjoy!
Let the muffins cool,
then enjoy!
Perfect for a healthy
snack! ♥

Variations ♥



With raisins
(about 40 g)



With chopped
nuts
(e.g. walnuts)



With blueberries



With grated
carrot or
courgette



Apples
provide fibre
and vitamins.



Oats give
long-lasting
energy.



Yoghurt
adds calcium
for healthy
bones.



A tasty,
nutritious snack
for growing
bodies!

A delicious snack with natural ingredients
for happy, healthy and active children! ♥



Storage ♥



Store in an airtight
container in the fridge
for up to 3 days.
They can also be
frozen for up to
3 months.
Thaw at room
temperature.

Little recipes
for a brighter future ♥