

# Autumn Long Ago: A Harvest History Adventure!

## Introduction: Wonderful Autumn! (5 minutes)

Start by talking about the current season: "What season is it now? (Autumn/Fall) What do you notice happening outside during autumn?" (Leaves changing color/falling, weather getting cooler, maybe pumpkins or apples). Gather the collected leaves and talk about their colors and shapes. Ask: "Why do you think leaves change color and fall down?"

## Activity 1: Harvest Tales from the Past (10-15 minutes)

Explain that long, long ago, autumn was a very important time for people. Ask: "Why do you think autumn was so important?" Guide the discussion towards food. "Long ago, most people grew their own food. Autumn was harvest time – the time to gather all the crops they grew all summer before winter came."

Talk simply about harvest: "Imagine farmers working hard in the fields, picking corn, pumpkins, apples, and other foods. They had to gather enough food to last the whole cold winter because there were no grocery stores like we have!"

Discuss celebration: "After all the hard work of harvesting, people were often very thankful for the food they gathered. Sometimes, whole villages or communities would have a feast or celebration to share the food and be happy together. (Optional: Show pictures from simple books about Pilgrims' first Thanksgiving or general harvest scenes). Think about how we celebrate Thanksgiving today - it started as a harvest celebration!"

## Activity 2: Leaf Rubbing History (10 minutes)

Say: "Let's use these beautiful leaves we found to remember what autumn looks like and how nature changes."

Instructions:

1. Place a leaf vein-side up on a flat surface.
2. Put a sheet of white paper over the leaf.
3. Take a crayon (paper removed, held sideways) and rub it gently but firmly over the area where the leaf is.
4. Watch the shape and veins of the leaf appear like magic!

As the student works, connect it back: "Just like these leaves change and fall, people long ago watched the seasons change too. Seeing the leaves fall reminded them that winter was coming and it was time to finish the harvest." You can make rubbings of several different leaves.

## **Activity 3: Then and Now - Getting Our Food (5-10 minutes)**

Use the small basket. Ask: "If we wanted an apple right now, where would we get it?" (Grocery store, maybe a fridge). Put a pretend (or real) apple in the basket representing 'now'.

Ask: "Where did people get their apples long ago, especially during harvest time?" (From their own trees, from farms). Take the apple out and pretend to pick it from a tree and put it back in the basket, representing 'then'.

Discuss the difference: "Is it easier to get food now or was it easier long ago? Why?" (Now is easier - stores vs. growing/harvesting everything yourself).

## **Wrap-up & Check-in (5 minutes)**

Review the leaf rubbings and ask questions to check understanding:

- "What was one important job people did in autumn long ago?" (Harvesting/gathering food)
- "Why was harvest so important?" (To have food for winter)
- "How did people sometimes celebrate after the harvest?" (Feasts, gatherings)
- "How is getting food different today compared to long ago?" (Stores vs. growing/farming)

Praise their participation and display their beautiful leaf artwork!