



# Be-LEAF in Yourself!

Fall Printable Pack



Name: \_\_\_\_\_



# Fall Activity Word Scramble



Feeling blue? Embrace the colorful season and try a fun fall activity!  
Unscramble the letters to discover activities to try this fall.



ncor zmea \_\_\_\_\_



ghiikn \_\_\_\_\_



palep nicgipk \_\_\_\_\_



kebi erdi \_\_\_\_\_



arvcgin mupnikps \_\_\_\_\_



lolobtfa \_\_\_\_\_



trnuae kwal \_\_\_\_\_



kingra velaes \_\_\_\_\_



rsoecc \_\_\_\_\_



arfmres ketmar \_\_\_\_\_







regnevacs tnuh \_\_\_\_\_




Name: \_\_\_\_\_










# You are Wonder-FALL!

How many can you find?

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_

Name: \_\_\_\_\_

# Color by Coping Strategy

**Brown**

Go for a walk outside.

**Tan**

Stretch or do yoga.

**Orange**

Listen to music.

**Yellow**

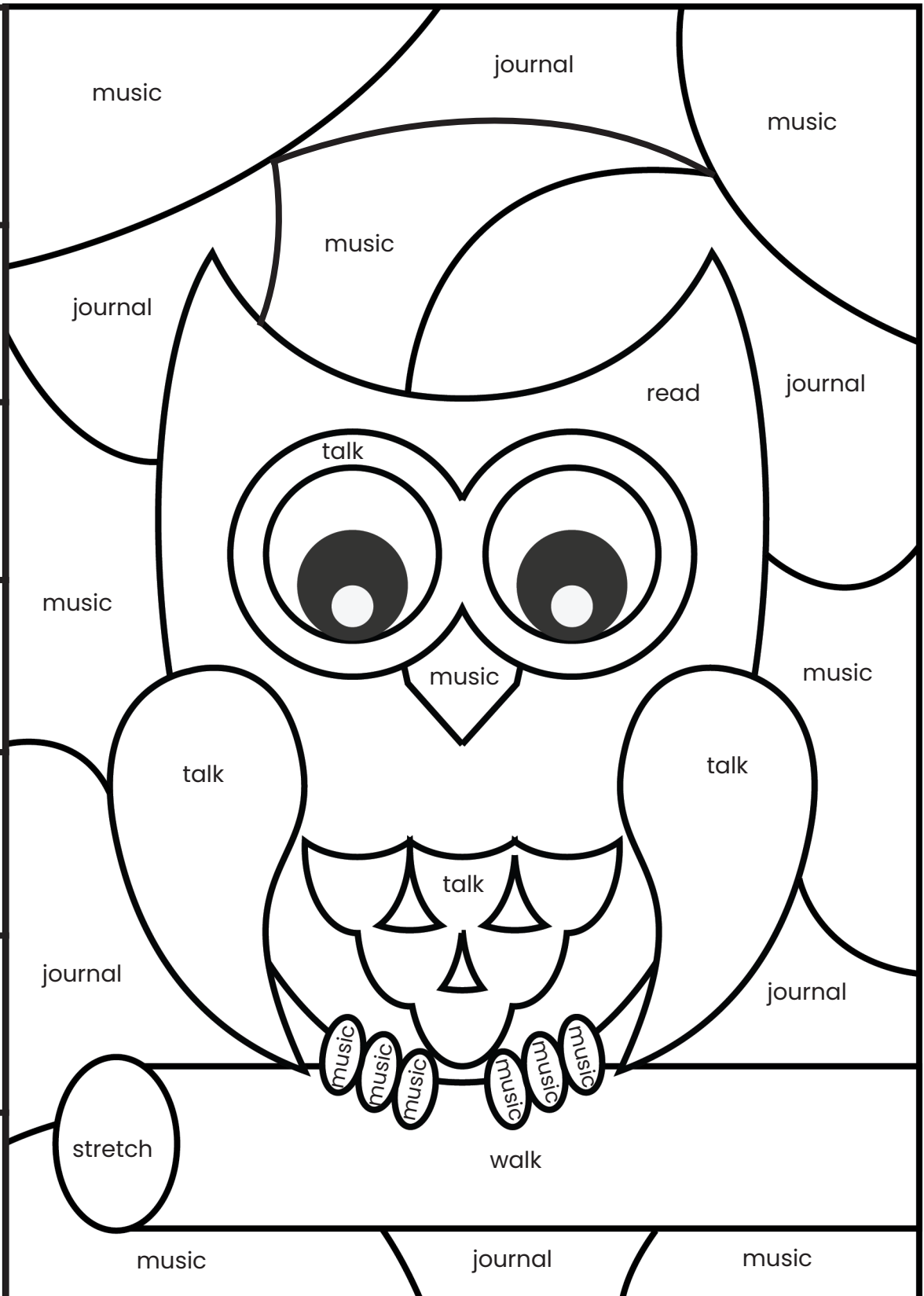
Write in a journal.

**Light Blue**

Talk to a trusted adult.

**Dark Blue**

Read your favorite book.

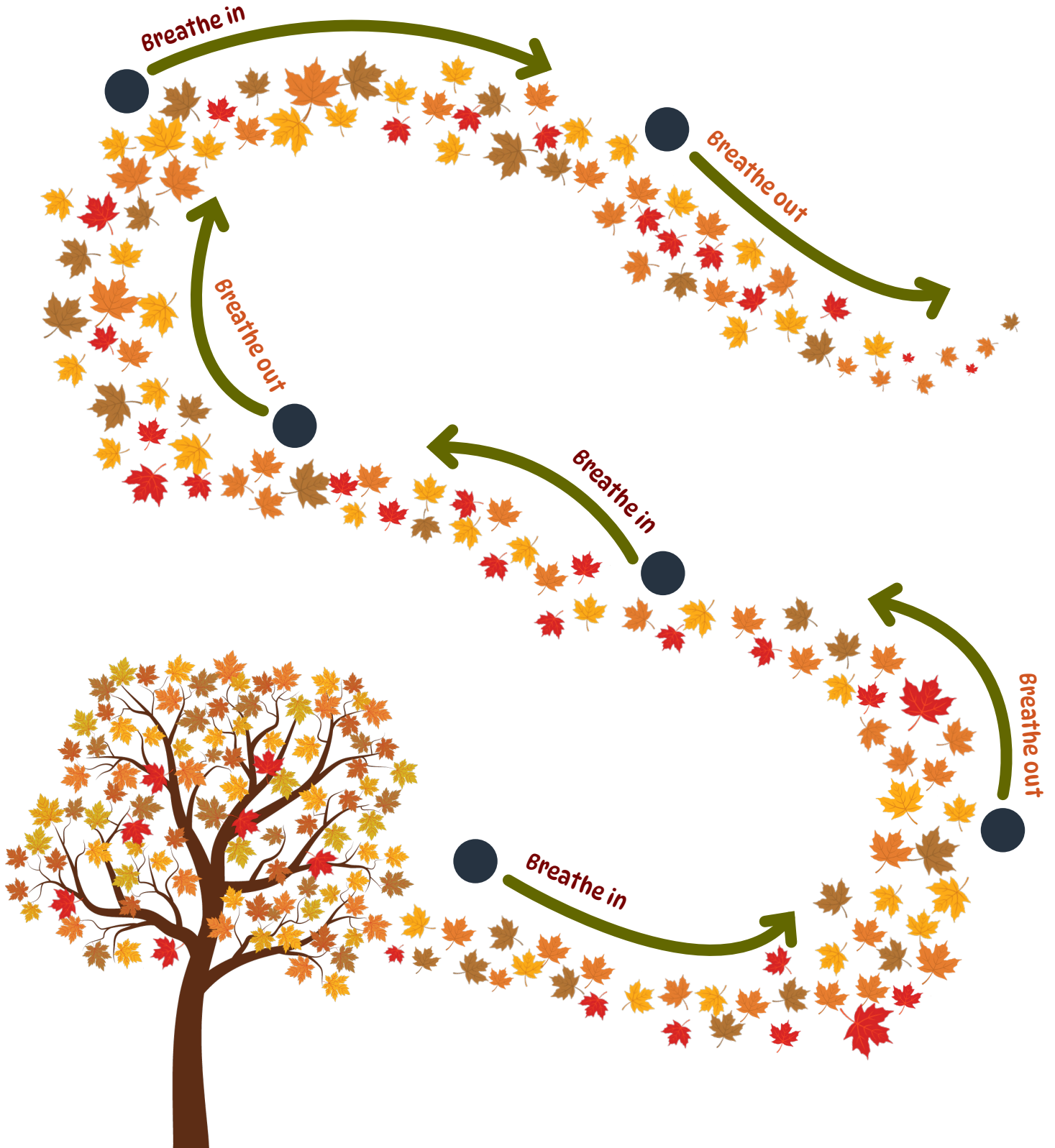


**What is a coping strategy?** An activity you can do to manage big feelings!

**Which strategy will you try?**

# Falling for Deep Breathing

Pause and practice a deep breathing exercise to find a sense of calm.  
Directions: Place your finger on the dot. Trace the arrow and take a deep breath in. Pause at the end of the arrow. Trace the next arrow and breathe out. Repeat.



Name: \_\_\_\_\_

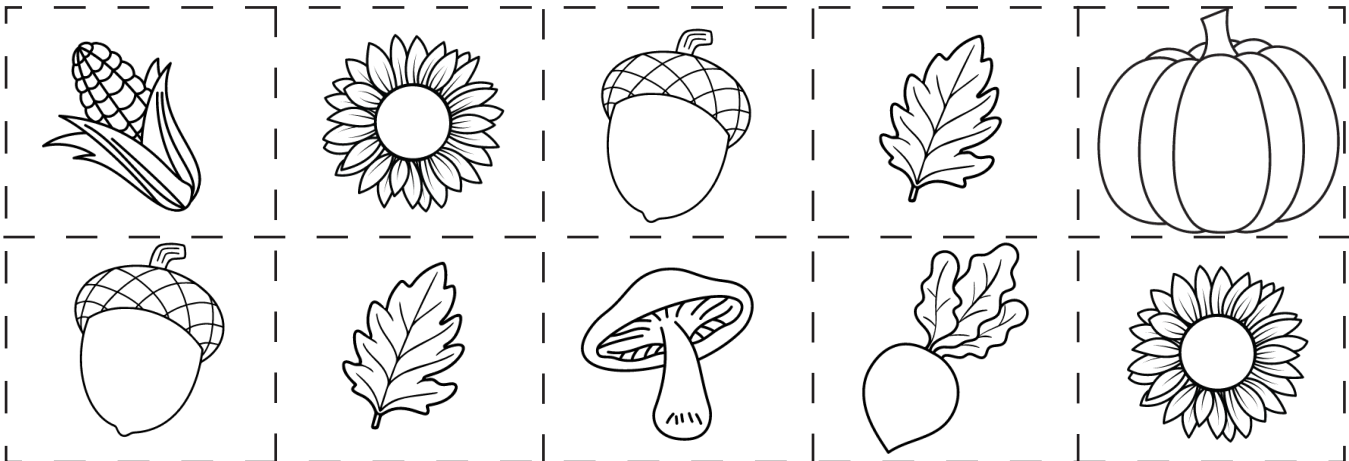
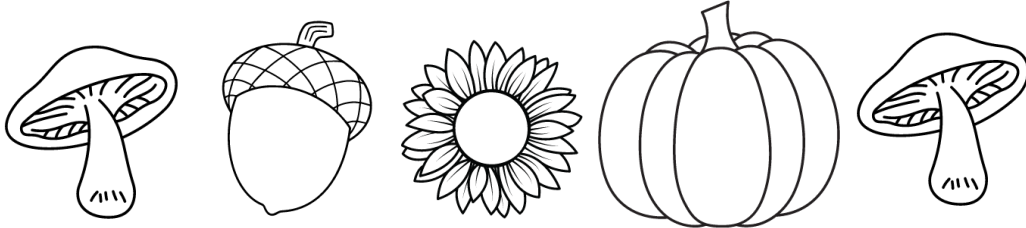
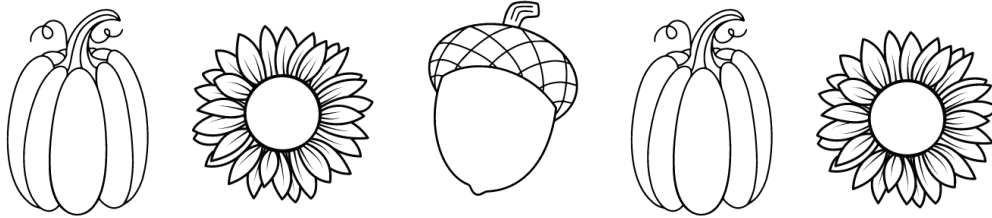
Finding a screen-free way to relax can boost your body and brain.  
Color your own fall forest scene as you recharge!



Name: \_\_\_\_\_

# Finish the Pattern

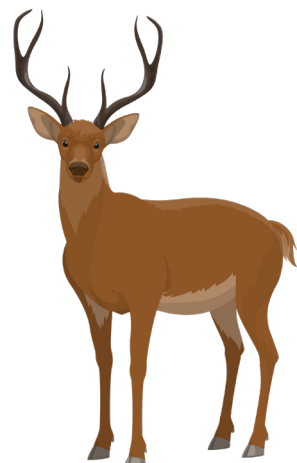
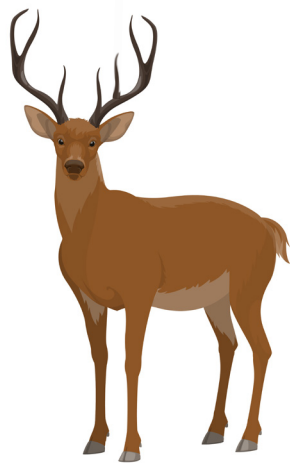
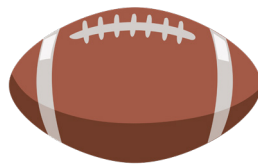
Color, cut, and glue the correct object in each box to complete the pattern.



Name: \_\_\_\_\_

# Which one is Different?

Circle the object that looks different from the others in each row.






















Name: \_\_\_\_\_

# Fall Foods Word Search

The fall season can bring a lot of different foods to try. Find the fall foods below and then pick three foods you want to try this season.

## Word Bank:

- Apples 
- Cabbage 
- Turnips 
- Pears 
- Broccoli 
- Celery 
- Onions 
- Mushrooms 
- Squash 
- Kale 
- Peppers 
- Pumpkin 
- Beets 
- Grapes 
- Spinach 
- Peas 
- Bananas 
- Potatoes 