



STAY CONNECTED.

STAY CURIOUS.

Harvest Feast

Food and cooking are one way we can share traditions in our families, communities, and cultures. This open-ended activity will get children outside exploring nature and using their imaginations to create a harvest feast from things they find outside.

You'll need:

- Bucket, basket, or large bowl
- Pots, pie tins, or anything that's okay to get dirty
- Optional: water and dirt to mix in

What to do:

1. Help children find ingredients outside (things like leaves, rocks, pine cones, twigs, etc.) to put in a bucket or large bowl. Add in a challenge to find one thing in every color of the rainbow!
2. Once they have gathered items, have them "cook" with the things collected. Ask questions like, "What type of meal are you making? Who are you making it for?"
3. *Optional (warning—this could get messy!):* add water and dirt to make mud to the mixture.

