

31 AUTUMN ACTIVITIES FOR INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES



OCTOBER 2025



MON	TUE	WED	THU	FRI	SAT	SUN
		1 Nature Walks	2 <u>Scavenger Hunts</u>	3 Decorate Pumpkins	4 <u>Make Fall Shapes with Play Dough</u>	5 <u>Visit an Apple Orchard</u>
6 <u>Make a Fall Themed Sensory Box</u>	7 Go for a Scenic Foliage Drive	8 Have a Bonfire	9 <u>Go to a Corn Maze</u>	10 <u>Bake Some New Fall Recipes</u>	11 Leaf Rubbing Art	12 Gardening
13 <u>Practice Storytelling</u>	14 Visit a Farmer's Market	15 Picnic at a Park	16 <u>Learn how to Knit or Crochet</u>	17 <u>Fall Festivals</u>	18 Scrapbooking	19 Join or Start a Book Club
20 <u>Practice Meditation</u>	21 <u>Make a Fall Themed Collage</u>	22 Leaf Collecting	23 Try a New Tea	24 <u>Candle Making</u>	25 Stargazing	26 Go on a Hayride
27 Learn Origami	28 Visit the Library	29 Go to an Aquarium	30 Ride a Bike	31 Volunteer		

