

# 31 AUTUMN ACTIVITIES FOR INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES



## OCTOBER 2025

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

