Fall Bucket List

FALL BUCKET LIST: 50+ IDEAS FOR FALL

LIVE WELL UTAH

Cooler temperatures and colorful leaves are on their way. We're welcoming fall with more than 50 fall things to do around Utah. Pick and choose your favorites to create your own custom fall bucket list.

The weather is starting to cool off, the leaves are changing and there is so much fun to be had. Utah is full of great experiences, whether you want to spend time out in the crisp fall air or stay home working on simple projects. Whatever mood you are, in it is nice to have a list of exciting ideas to choose from, and we have more than 50 suggestions for you to build your own fall bucket list.

Outdoors

- Drive the Alpine Loop or other local canyons to see the leaves
- Explore a corn maze
- Visit the local farmer's market
- Go on a hike to see the fall colors
- Go camping in the colors
- Go apple, pumpkin, squash, pepper or tomato picking at a local "pick your own" farm
- Go pick your own pumpkin from a pumpkin patch
- Practice recreational shooting
- Go hunting
- Go Trick-or-Treating
- Tell scary stories around a campfire
- Go on a hay ride
- Join in a family and friend turkey bowl football game

Entertainment

- Plan a fall trip
- Run a 5-K race or run in a haunted race
- Watch a scary movie
- Host or attend a Halloween party
- Visit Gardner Village in Midvale for Witchfest and Witches Night Out
- Attend a dance performance of Thriller by Odyssey Dance Crew, locations throughout Utah
- Participate in Oktoberfest at Snowbird Ski Resort
- Visit This is The Place Heritage Park, Salt Lake City
    - Little Haunts during the day
    - Haunted Village in the evening
- Participate in Wheeler Historic Farm Pumpkin Days in Murray
- Visit the Heber Valley Railroad Pumpkin Train
- Check out the Dia De Los Muertos activities, Utah Cultural Celebration Center, West Valley

Home

- Do fall cleaning
- Decorate the house
- Host a football watching party
- Host a Halloween party
- Gather family for Thanksgiving dinner
- Rake up and play in the autumn leaves
- Clean out garden beds to prepare for next year
- Plant spring bulbs
- Plant a tree – Autumn is a great time to plant a tree, but be sure to water well if it is a dry autumn.

Food

- Do a chili cook-off

- Make apple cider
- Harvest fall produce and preserve it by freezing, drying or canning (jams, jellies, whole fruit, etc.)
- Throw a homemade doughnut party – invite friends and family over for fun and doughnuts everyone can enjoy. Try them baked or fried.
- Make caramel apples
- Try a new recipe for Thanksgiving (pie, stuffing, etc.)
- Throw a party where everyone brings a different kind of pie
- Host a crock pot party
- Try a new homemade soup, like Apple & Butternut Squash Soup (page 7) to help keep you warm as the days get colder.

Crafts

- Pumpkin carving – A tradition that never gets old. Find your favorite printable template or draw freehand to make your pumpkin carving creation.
- Decorate/paint pumpkins to look like a favorite book character – Painting and decorating pumpkins is just as fun. They also last longer without wilting.
- “Boo” ding dong ditch the neighbors – Leave a bag of goodies on someone’s front porch and run away – once you have been “boo-ed” you hang an image of a ghost near your front door so others know you have been “boo-ed.”
- Start a fall gratitude journal
- Create a new autumn decoration
- Make a new Halloween costume
- Sew homemade hand warmers

Books

This is a way to transport yourself and your little ones into another world of fun, adventure and fantasy. Cuddle up with a

blanket and enjoy some of these favorites this autumn.

- Scary chapter books:
  - Scary Stories to Tell in the Dark by Alvin Schwartz
  - The Graveyard Book by Neil Gaiman
  - Coraline by Neil Gaiman
  - Doll Bones by Holly Black
- Halloween picture books:
  - Room on the Broom by Julia Donaldson
  - The Little Old Lady Who Was Not Afraid of Anything by Linda D. Williams
  - Goodnight Goon: A Petrifying Parody by Michal Rex
  - Bear Feels Scared by Karma Wilson
  - Big Pumpkin by Erica Silverman
  - In a Dark, Dark Room and Other Scary Stories by Alvin Schwartz
  - The Hallo-wiener by Dav Pilkey
  - Bats at the Library by Brian Lies
  - Frankenstein by Rick Walton and Nathan Hale
  - Pumpkin Circle: The Story of a Garden by George Levenson and Samuel Thaler
  - A Very Brave Witch by Alison McGhee and Harry Bliss
  - One Witch by Laura Leuck
  - Curious George Goes to a Costume Party by Margaret Rey
  - Where is Baby’s Pumpkin? by Karen Katz
- Thanksgiving picture books:
  - ‘Twas the Night Before Thanksgiving by Dav Pilkey
  - Turkey Trouble by Wendi Silvano
  - The Ugly Pumpkin by Dave Horowitz
  - A Plump and Perky Turkey by Teresa Bateman and Jeff Shelly

This article was written by Kirsten Lamplugh, Intern at the Salt Lake County USU Extension office, BS in Family and Consumer Sciences

The Importance of One-on-One Time with Your Kids

LIVE WELL UTAH
THE IMPORTANCE OF ONE-ON-ONE TIME WITH YOUR KIDS

Make your kids feel valued and loved by spending one-on-one time with them. Here are some ideas to get you started.

As a young adult, some of my favorite memories were when I had one-on-one time with my parents. Even now when I go home, I cherish the time when my mom and I run to the gas station to get drinks. The moments you spend with your kids will impact them in many positive ways. Here are six ideas of ways to spend quality time with your kids.

1. **Take them on a date.** The first Christmas after I had moved away from home, my Christmas present from my dad was a date with him before I went back to the craziness of school. We went to dinner at my favorite restaurant then bowling. It was a good time for us to talk about how school was going, my plans for the future, etc.

2. **Take them to run an errand with you.** This can be as simple as going to the gas station to fill the tank. This gives you an opportunity to talk in the car. This can also be a teaching opportunity. For example, teach them how to pump the gas.

3. **Go on a trip with them.** My parents took us each on a week-long graduation trip. They would plan activities that were of particular interest to us. Since I love the theatre, my parents took me to see Fiddler on the Roof. It was a great experience to watch a show I have always loved the music to, but had never seen.

4. **Plan a family vacation.** Though it’s a family trip, you can still make one-on-one time with each child. My mom and I are not big hikers while my dad and sisters are. So while they would hike, my mom and I would play card games together. Another example is going on a walk with one child before everyone else gets up.

5. **Birth day date.** This idea is taken from the blog Your Modern Family. Each month, on the day the child was born, he or she gets to stay up an extra 20-30 minutes and chooses a special activity. For example, if your child was born on May 15, then on the 15th of every month it is his or her night to stay up. These activities are best when electronic free and can include such things as going for a walk, baking easy cookies, playing a board game, etc.

6. **Surprise your kids.** Whether it is bringing lunch to school or getting ice cream together, there are many ways to spend one-on-one time with kids. This helps them know you love them, are a support system for them and that they can talk to you about anything. When they are younger, make an effort to spend one-on-one time with each of them. It can be tucking them into bed, after school homework time, etc. Put the phone away and focus on them. Your undivided attention will make them truly feel loved and appreciated.

This article was written by Kayla Orton, Utah State University Extension Family and Consumer Sciences Intern, Salt Lake County

August Bucket List // 31 Days of Fun

LIVE WELL UTAH
AUGUST
BUCKET LIST:
31 DAYS OF FUN

Summer is almost over, but there's still time to do a few more fun things with your family. Check out this list for inspiration.

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1. Visit your county fair – see the animals and all the fun exhibits youth and adults have made.
2. Make your own bubbles and have a family bubbles contest.
3. Go fishing at the urban fishery or a lake.
4. Go to a concert in the park.
5. Take a drive to see the beauties of nature.
6. Go to the park and throw frisbees.
7. Make kites and fly them at the park.
8. Go to a garden or orchard and pick your favorite vegetables or fruit, or visit the farmers market and bring some new food home to try.
9. Make homemade ice cream in a bag or a can.
10. Go on a smartphone scavenger hunt in your neighborhood – let everyone come up with items to find.
11. Interview a family member about what he or she did for fun as a kid.
12. Make your own pizzas together.
13. Pick your favorite family movie and watch it together.
14. Make your own family crest or other family art project that you can hang in your home.
15. Take a trip to the library and have everyone select a children's book to read at home.
16. Go for a hike in a park or somewhere you have always wanted to see.
17. Visit the zoo or bird refuge.
18. Take a walking tour to see historical sites in your town.
19. Visit an area museum.
20. Watch the sunset together.
21. Go camping…even in your backyard.
22. Play croquet or other fun lawn games.

23. Go on a geocaching adventure near you home.
24. Make your favorite float – with ice cream and root beer or your favorite flavor of soda – maybe after “Back to School” night.
25. Have a water balloon fight or squirt gun duel.
26. Go on a bike ride as a family.
27. Make an obstacle course and invite the neighbors for an evening of fun.
28. Have a neighborhood “unbirthday party” for everyone.
29. Make cookies together and deliver them as a surprise to a neighbor.
30. Make your own bowling alley in the back yard using cans or soda pop bottles and balls.
31. Have a hoola hoop contest with your family and friends.

This list was compiled by Marilyn Albertson, Utah State University Extension Family and Consumer Sciences Associate Professor, Salt Lake County

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Fun and Games to Make Grocery Shopping Easier

LIVE WELL UTAH

FUN AND GAMES TO MAKE GROCERY SHOPPING EASIER

Making shopping fun for your kids will make shopping more fun and easier for you too! Check out these 11 entertaining and educational activities to keep kids busy at the grocery store!

In our last article, “10 Tips for Surviving Grocery Shopping with Kids,” one of our tips was to give children age-appropriate activities to do during shopping trips. To help you do this, I’ve collected a variety of of parent-proven activities for all age ranges. While some of these take a little planning and preparation, it is worth laying the groundwork to transform shopping with your family from dreaded and stressful to enjoyable and painless!

(Although the activities are grouped in specific age categories, many can be used for a wide range of ages.)

Shopping with little ones

1. When young children get to help pick out produce and other items, it makes them feel like part of the team, and they are more likely to eat what they pick out, too! Make sure you give them choices you can live with, such as, “Broccoli or cauliflower?” You can also combine this activity with the matching game (#7 below) to make it more exciting.
2. You can help your children feel important by asking them to help carry things, either while walking or while riding in the cart. They can have items they are in charge of until checkout.
3. If you feel crafty, you might enjoy making a “grocery game” for your child to take on each shopping trip. This can be used with toddlers as well as preschoolers, or pictures can be replaced with words for beginning readers. You can find the tutorial here.

Shopping with preschoolers

4. Play “I Spy.” Before entering the store, let children pick out a specific color, shape, number or letter and see how many of the object they can find while shopping. Compare from trip to trip to see what things are most common in the store.
5. Play alphabet or letter scavenger hunt. Write out letters of the alphabet (or draw shapes or colors for younger children) on a paper, and let children cross off each one they find. If this doesn’t last long enough, you can have each letter, shape or color listed multiple times.
6. Play a matching game. Put pictures of products your family often uses on cards (you may want to laminate these for use on other shopping trips). Good sources for pictures are store ads and coupons. Let children match these cards to the products at the store. Each time they find a match, they turn the card into you. It’s fun to see how many they can match each time.
7. Play a guessing game. Give hints about what you are going to get next and see if the kids can guess what it is before you get it off the shelf.

Shopping with school-aged kids

8. Put them in charge of the shopping list. Make a shopping list on your tablet, phone or on paper, and put your child in charge of crossing items off as they are put in the cart. For younger kids you can use pictures for the shopping list instead of words.
9. Have your child sort the groceries as you put them in the cart. They can sort by category, such as by food

group (fruits and veggies, grains, protein, dairy/calcium), by color or by size. Let them choose categories to put things into.

10. If you have multiple kids to wrangle, play grocery bingo! Each child gets a board and they mark off items they see as you walk around the grocery store. The first to mark off five in a row wins! Below are several options to make your own bingo cards or download free cards to print.
    - Make bingo boards with pictures using clip art, Google image search or cutting out pictures from the grocery flyer. You can use this free bingo template.
    - Use this site to make bingo boards with any words you would like.
    - These blogs each have two to four grocery-themed bingo cards you can download and use: U Create, Louisville Family Fun, Life Love and Thyme

If you laminate the cards or put them in sheet protectors, you can use dry erase markers to mark off items and they can be used again and again.

Middle school and above

11. This is a great time to guide your children in learning to shop for the best deals at the grocery store. Have them help create your shopping list, using store ads and coupons if possible. Teach them how to look for unit pricing on the shelf tags at the store, as well as how to figure it out for themselves so they can do the calculations if unit pricing is missing on the shelf or not shown in equivalent units. Find a simple child-friendly explanation of how to figure out unit pricing here.

These activities, along with ideas from our previous article, can make your trips to the supermarket more pleasurable for the whole family. Have fun, and maybe enjoy singing a song in the car on the way!

This article was written by Alissa Weller, Healthy Family Fun Box Elder County Coordinator, and Carrie Durward, PhD, RD, Assistant Professor and Extension Nutrition Specialist

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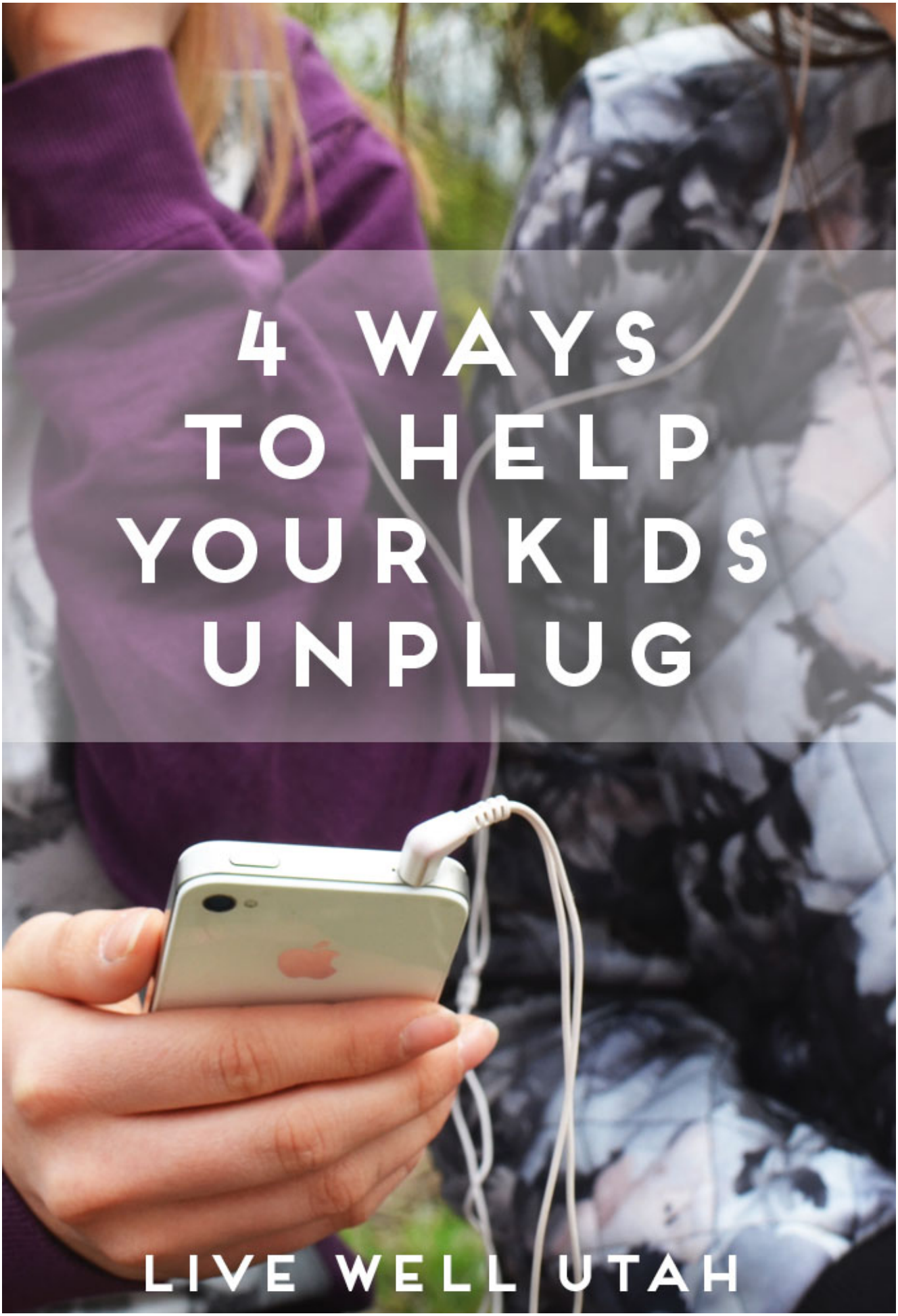
Ask an Expert: Four Ways to Help Your Kids Unplug



4 WAYS TO HELP YOUR KIDS UNPLUG

LIVE WELL UTAH

Don’t let summer break turn into a technology marathon; try these tips to help your kids unplug and engage with something besides a screen.

In today’s world, children are exposed to vast amounts of technology. An estimated 75 percent of teenagers own a cell phone, and, not surprisingly, social media sites are their favorite places to visit. In fact, one study showed that 22 percent of teenagers log onto their favorite social media sites more than 10 times a day. Consider these tips to keep your child engaged in activities other than technology.

1. Parents should first set an example by monitoring their own technology use and putting technology away when they interact with their children. Children need parents who are physically, emotionally and mentally available to them so a solid parent-child relationship bond can be formed.
2. Establish phone-free zones and times throughout the day. These could include during mealtimes, homework, family activities or right before bed since technology can be especially distracting during these times. Some parents even have children turn in their technology during these activities so they can focus or interact without interruptions.
3. Parents can limit technology use and encourage physical exercise and social activities that do not involve technology. There are numerous apps parents can use to monitor children’s technology time and limit its use. With time limitations on some apps, children can learn to regulate their own use if they know how much time they have. Parents can also require that all forms of technology be turned in at night.
4. Encourage some technology use. Our children’s worlds will continue to be filled with various types of technology, which isn’t necessarily a negative thing.

Parents can find ways to connect with their children through technology or join them in ways that show they are interested in and aware of their children's technology use.

Children are exposed to many forms of technology each day. Parents can take a leading role in setting an example and helping them develop healthy technology habits, starting when they are young. Parents should monitor children's devices, know the passcodes for each device and let their children know they will review what is being said or done on the devices. Parents can also make sure the privacy settings on the Internet and Facebook are set to appropriate levels. Technology should be a privilege that is earned and respected. It is best to discuss rules, expectations and consequences and be open about what your children should do when they see images or visit websites that are not appropriate.

This article was written by David Schramm, Utah State University Extension assistant professor and family life specialist, david.schramm@usu.edu, 435-797-8183

Get Ready, Get Set, Play!

LIVE WELL UTAH
GET READY,
GET SET,
PLAY!

Take time to play together as a family this summer. Try these tips to make sure everyone has fun.

You've probably heard that a family that plays together stays together. It's true! Here's a glimpse of what research tells us about why playing together is not only fun, but good for our relationships:

- Play teaches us about ourselves and each other.
- Play can be therapeutic.
- Shared laughter creates a bond.
- Humor breaks down walls.
- Play can build trust.

Since there are so many things you can do this summer, consider a few basic tips when planning to make sure everyone has fun.

Use a calendar. Be sure to schedule the fun in advance or the summer might just unintentionally slip by.

Get everyone involved. Have every family member suggest ideas for activities and take turns choosing what to do. Be open minded and try new things.

Keep it light. Too much competition can create hurt feelings. Try playing a new game that no one has skills for. Play just for fun and don't keep score.

Get active. Be sure to include outside activities that get you moving so you can enjoy the great outdoors together.

Focus on each other. Set boundaries for electronic use so you can focus on connecting with each other.

Keep it simple. Having fun together doesn't need to take a lot

of planning or money. For a list of fun ideas, click here .

This Article was written by Naomi Brower, Utah State University Extension professor

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School’s Out: Expand Your Child’s Possibilities this Summer

LIVE WELL UTAH
SCHOOL'S OUT:
EXPLORE YOUR CHILD'S
POSSIBILITIES

This summer, take your family out to explore where you live.

We live in a great big world full of cultures, places, and people to see and meet. Are we taking advantage of all that is around us? *The Multigrade Teacher's Handbook*, published by the United Nation International Children's Emergency Fund (UNICEF) organization and other collaborators, states, "Children learn by doing, using their senses, exploring their environment of people, things, places and events."

The more they experience the more they will understand the world. As they experience new cultures and foods, they become accustomed to things different than they are used to. They adjust and become more accepting.

Parents and guardians have an opportunity to lead and guide children to become all they are capable of – to help expand their knowledge by introducing new experiences and to nurture social awareness and open mindedness. How can this be done? Consider what is in your neighborhood, local communities and other distant places.

Try these ideas for a kick start to your summer:

- Go puddle jumping.
- Read a book as a family.
- Make "thinking of you" cards for a neighbor.
- Have a new culture-themed family dinner.
- Garden and weed together.
- Find a service project and participate in it.
- Go through old photo albums and talk about relatives and experiences.
- Try a new restaurant.
- Visit local parks, especially those you haven't been to.
- Visit your local museums, zoos and art galleries.
- Plan a road trip and make stops at different landmarks or national sites.

- Plan a trip to a nursing home; share a talent, provide a manicure or just take time to talk with the residents.
- Take pictures throughout the day of family members' activities. Put them into an activities picture journal,
- Take a trip to the state capitol and explore and discuss what happens there. If possible, take a moment to watch a legislative meeting. (They often have the calendar online.)
- Attend plays, musicals and concerts. You can go to local school productions or professional events. There are often free concerts in the park during the summer. You can even make your own play at home with the family. Children can take turns performing, or you can get together with neighbors and close friends to allow children and their friends to put on a production for the parents and vice versa.

Children given many different experiences not only learn and grow, but become more competent and capable as well. The children's book *The Wonderful Things You Will Be* by Emily Winfield Martin is great to read with children and helps open the door to knowing what they can accomplish. (The following is an excerpt from the book.)

"This is the first time
There's ever been you,
So I wonder what wonderful things
You will do.
Will you stand up for good
By saving the day?
Or play a song only you
Know how to play?
Will you tell a story
That only you know?
Will you learn what it means
To help things to grow?
Will you learn how to fly

To find the best view?
Or take care of things
Much smaller than you?
I know you'll be kind and clever and bold.
And the bigger your heart,
The more it will hold…
Then you will discover
All there is to see
And become anybody
That you'd like to be."

What will you do today to learn something new with your child?

This article was written by KJ Lamplugh, USU Extension FCS Program Assistant, Salt Lake County

References:

Emily Winfield Martin (2015). The Wonderful Things You Will Be. United States: Random House Children's Books

Teachers Talking about Learning – https://www.unicef.org/teachers/learner/exp.htm

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Giveaway // Baby Animal Days at the USU Botanical Center

Bring your family to see the adorable baby animals at the USU Botanical Center, Mother's Day weekend, May 12 & 13. Read on for a coupon code, and enter to win a family pass to the event!

Spring is here, and so are Baby Animal Days at the USU Botanical Center in Kaysville! Individual tickets and family passes are available now, and include one FREE horse ride and one FREE miniature train ride, with additional rides available for purchase. There will be reptiles, sheep shearing demos and

food vendors.

Proceeds from the event support 4-H programs and the botanical gardens. Events will happen rain or shine, and refunds will not be given due to inclement weather.

Kaysville Baby Animal Days Show Schedule

Friday, May 12
3:00PM – Sheep Shearing
3:30pm – Wild Wonders
4:00pm – Scales and Tails
5:00pm – Goat Milking
5:30pm – Sheep Shearing
6:30pm – Wild Wonders
7:00pm – Scales and Tails

Saturday, May 13
11:00am – Sheep Shearing
12:00pm – Wild Wonders
1:00pm – Scales and Tails
2:00pm – Sheep Shearing
3:00pm – Wild Wonders
4:00pm – Scales and Tails
4:30pm – Goat Milking
5:00pm – Sheep Shearing

We’ve got a discount code especially for you Live Well Utah readers. Use code blog5 for $5 off your purchase, and enter to win a family pass good for Friday or Saturday. Giveaway ends May 9 at 12 midnight, and the winner will be notified Wednesday, May 10.

Enter Giveaway

Buy Tickets

For more information, visit babyanimaldays.org.

Save the Date: Wasatch Front 4-H Cooking Contest

WASATCH FRONT

4-H COOKING CONTEST

LIVE WELL UTAH

Do you have a kid who loves to cook? Have them compete in our upcoming 4-H cooking contest for a chance to prove their skills.

Utah State University Extension 4-H will sponsor cooking contests on Saturday, Jan. 28, for youth from Weber, Davis, Salt Lake and Utah counties. Held at the Legacy Events Center in Davis County, the contests will provide youth the opportunity to showcase cooking, food safety and nutrition knowledge and skills as they represent their counties and cities.

According to Zuri Garcia, USU Extension assistant professor and event chair, the contests will also prepare youth to compete in the 4-H State Contests held at USU each summer.

“It is important for youth to develop and feel confident in their nutrition knowledge and cooking abilities,” she said. “These contests will help youth as young as 8 become assured enough in their skills that they can compete at the state level when they are older. Through this event and others like it, we hope to help youth develop important life skills.”

The contests include two categories: favorite foods and healthy cuisine. The favorite foods category is for third through 12th graders, and contestants will be judged on the selection, knowledge and presentation of their favorite food. Healthy cuisine is for fifth through 12th graders who will use their talents in planning and preparing a quick, nutritious meal in 1 hour, including preparation and cleanup. Contestants can register for this category as an individual or team.

Registration deadline is January 14. Contest registration fee is $20 for one or both categories. Previous 4-H membership is not required, but participants must register for 4-H at the time of the contests for an additional fee of $15. This covers a 1-year 4-H membership.

Friends, family and the public are invited to watch the contests and attend a nutrition and health fair that includes workshops and booths. Admission is free. An awards celebration will be held at the end of the day.

To register, contact Susan Adams at susan.adams@usu.edu or 801-451-3423. For further information, visit extension.usu.edu/wasatchfront.

Halloween Activity Roundup

October is here, and Halloween is coming. The temperature has dropped a bit, and you may have found your kids spending more time indoors and looking for things to do. We've searched for some of the best Halloween-themed activities to do with your kids, whether for everyday entertainment, a classroom party, or a gathering with friends. Check out our Pinterest Board for even more ideas.

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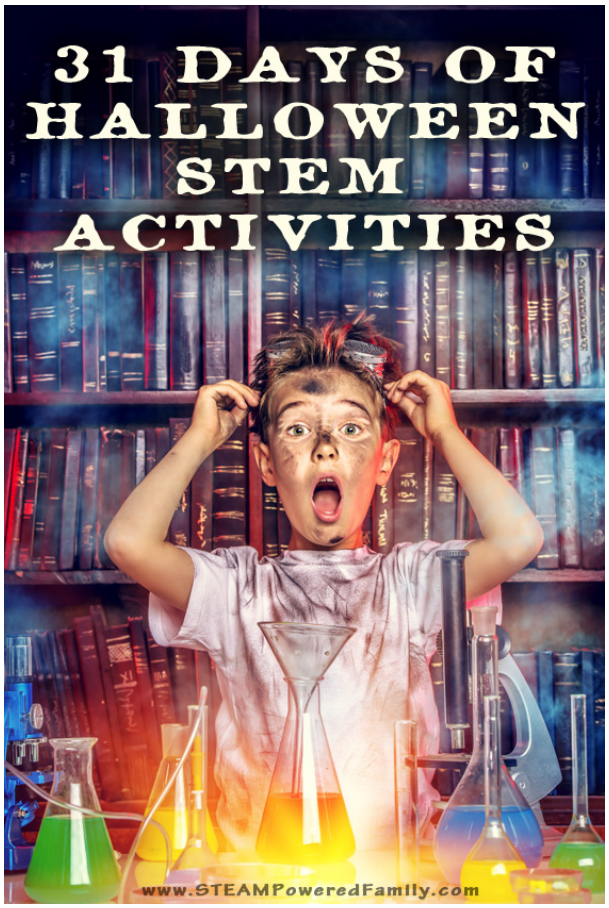
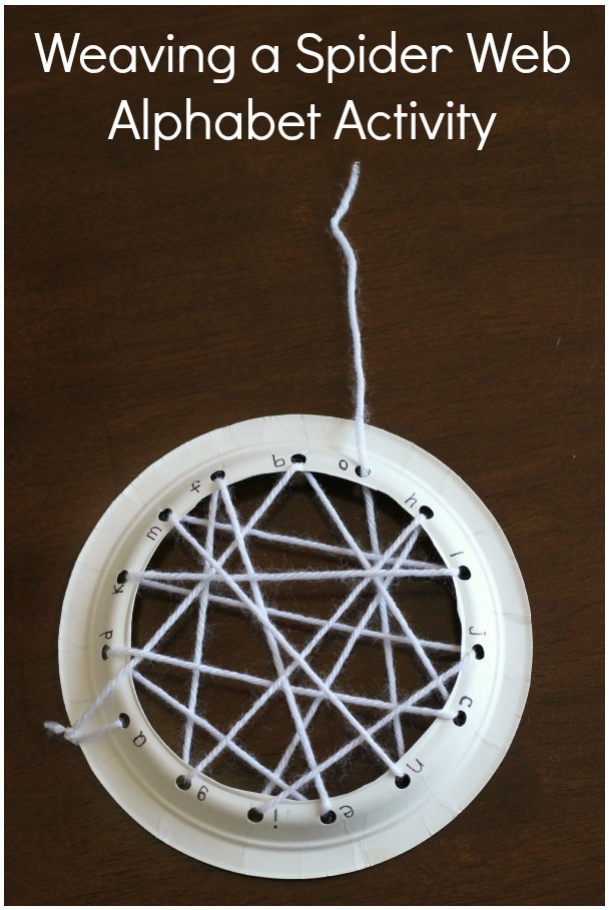
1. Healthy Halloween Snack Ideas from Eat Well Utah

2. 31 Days of Halloween STEM Activities from STEAM Powered Family



3. Weaving a Spider Web Alphabet Activity from Mom Inspired Life



4. Create Your Own Monster Cookie Bar from Babble

5. Spider Races from Still Playing School

6. Paper Cone Witch from Krokotak

7. Super Simple Spider Web Art from Kids Play Box

8. Self-inflating Halloween Ghost from Mama Smiles

9. Origami Bats from A Girl & a Glue Gun

10. Halloween Masks to Print and Color from It’s Always Autumn

Halloween masks

TO PRINT & COLOR

What are some of your favorite Halloween activities? Let us know in the comments!