

# FALL INTO TRADITIONS! MAKE MEMORIES THIS HALLOWEEN!



## Halloween is just around the corner!

It's no secret that fall is a time of year to make memories and celebrate with your children! Here are some ways to make memories with your children this fall!

### Halloween countdown

One great way to make memories is to create a "Countdown to Halloween" with your littles! To create a Halloween countdown, simply do a fun, fall related activity with your kiddos each day of October until Halloween! Here are some ideas that are inexpensive and fun:

- Fall scavenger hunt (look for orange/red/brown leaves, pine cones, acorns, etc.)
- Watch a fun Halloween themed episode! (PBS Kids has a TON of great, educational Halloween episodes)
- Make a fall craft (Google or Pinterest will be your best friend)
- Carve a pumpkin
- Check out Halloween children's books at your local library
- Do a fall related science experiment (Sink or float with things in nature is a great one!)
- Children's Halloween movement video on Youtube!

### See what's happening around town!

Continuing on with the fun, check out some local events that are happening in Evansville and surrounding areas! (Please check specific information for each event, some events require ticket purchase)

- Westside Nut Club's Fall Festival
- Boo at the Zoo
- **Free** Kids Pumpkin Patch and Trick or Treating Craft Show
- Halloween Stroll and Trunk or Treat Car Show
- 2023 Newburgh Halloween Illuminations
- 4th Annual Halloween in the Park @ Friedman Park

### Enjoy the taste of fall!

When you think of fall, most people think of pumpkin spice. Enjoy the taste of fall by trying a new Fall inspired treat! Here are a list of places with fall inspired flavors:

- Starbucks (fall menu)
- Dunkin' (fall menu)
- Wendy's (Pumpkin spice frosty)
- McDonald's (pumpkin pie and pumpkin spice latte)
- Donut Bank (pumpkin donuts and fall flavor inspired drinks)
- River City Coffee (fall inspired drinks)
- Honey Moon Coffee Co. (fall menu)

### Make memories!

Whatever your way of celebrating Halloween may be, make sure to spend time with family and do something fun! Happy Halloween!



Follow us on Facebook for more information on mental health topics.

-----

If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.