



Children & Young People's Resource Pack

Halloween Edition



October 2025



HALLOWEEN

Alphabet Challenge

TRICK
OR
TREAT

Write one word with a Halloween theme for each letter of the alphabet.

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

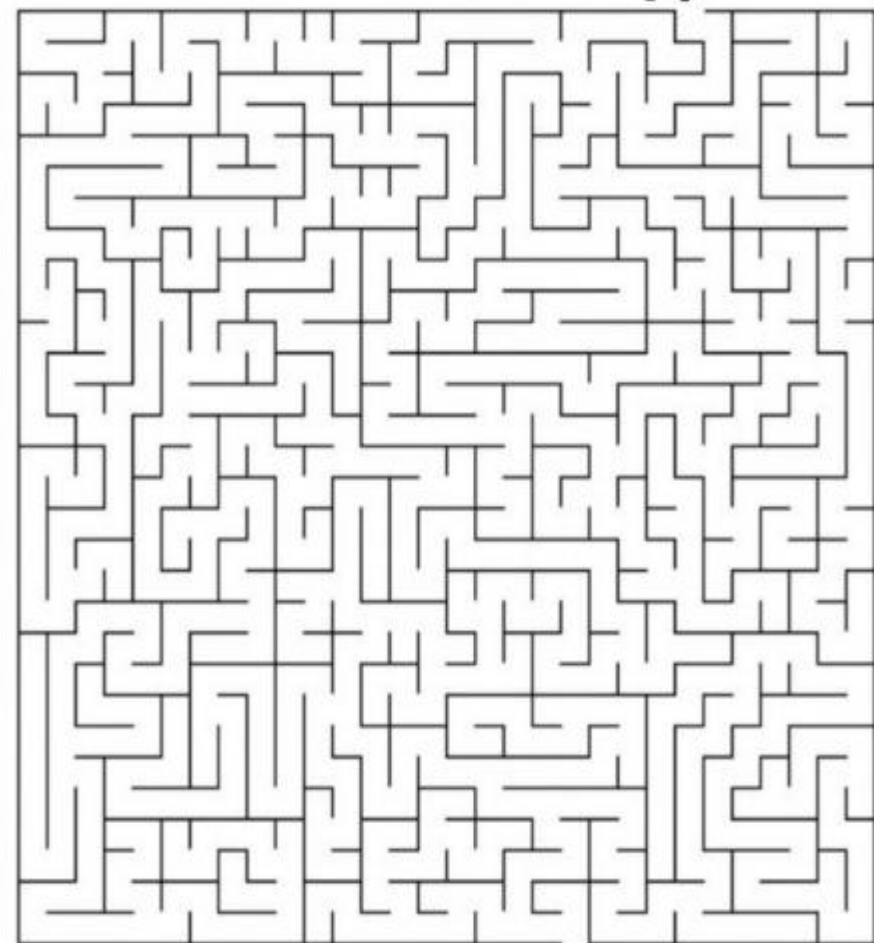
SPOT THE DIFFERENCE

Can you find the 5 differences in the pictures below?





VerbNow.com



**HELP THE BLACK
CAT GET HOME**

www.FRUGALMOMEH.com



HALLOWEEN ACTIVITIES

SPOOKY SNACKS

CREEPY CRAWLY
BUNS WITH SOIL

MONSTER
MODELLING

HAUNTED DOLLS
HOUSE

MAKE MAGIC
WANDS

TOILET ROLL
MUMMIES

HALLOWEEN
TREASURE HUNT



CONSTRUCT A
SCARY CASTLE

HAUNTED HOUSE
CORNER

WITCH'S POTIONS

GREEN GLOOP
SLIME

MAKE YOUR OWN
COSTUME

HALLOWEEN
DECORATION
MAKING

WITCH'S DEN
BUILDING

HAPPY HALLOWEEN

Creepy crawly buns with soil: soil on a tuft tray, spoons and bun cases. Add plastic insects

Monster Modelling: Playdough, googly eyes, pipe cleaners, loose parts

Witches potions: coloured water in the water tray/tuft tray/trug, bottles, Halloween toys (rats, bats, eyeballs, spiders), cauldron/pot

Halloween treasure hunt: Leave clues/have a checklist and hide images/Halloween decorations inside/outside/on a walk

Green gloop slime: cornflour with just enough water to make it slimy and green food colouring. Add Halloween items/insects

Make your own costume: children create outfits using a selection of donated /charity shop clothes and loose parts

Haunted dolls house: let the children decorate the dolls house for Halloween. they can use ready made decorations or make their own

Magic wands: use sticks, feathers, pipe cleaners, ribbons and glitter

Haunted house corner: use/make Halloween decorations for the house corner

Toilet roll mummies: give the children rolls of toilet paper to wrap each other up like mummies

Construct a scary castle: use construction toys/loose parts to create a scary castle. Add Halloween toys (skeletons/ghosts/monsters)

Witches den building: supply sheets, boxes, coloured lighting, a cauldron, spider web etc. for the children to build a witch's den

Halloween decoration making: use loose parts, and let the children create Halloween decorations for the after school club. google/Pinterest and social media have endless ideas for inspiration.

Top tip: ask parents and staff to donate old clothes, dress up items and decorations for Halloween (even if they donate after Halloween, they can be used for next year)

Add to your shopping list: plastic Halloween items (spiders, skeletons, eyeballs, bats etc.). the shops are full of them just now. they are cheap to buy and an effective way to make any play activity more spooooooky!

Get the children
involved in making
spooky snacks





AUTUMN

WORD SCRAMBLE



Unscramble the following autumn words

TEER

LAFE

WNID

ARNOC

LAEVSE

BESKAT

ALPEPS

PIUMKPN

MSHUOORM

UBREBALL

HRAVETS

PLEI FO LAEVES

Autumn Scavenger Hunt

Can You Find Them All?

- ☐ A red leaf
- ☐ Something beginning with S
- ☐ A feather
- ☐ Something fluffy
- ☐ A nut
- ☐ An acorn
- ☐ 3 different shaped leaves
- ☐ Something orange
- ☐ Something brown
- ☐ Something red
- ☐ Something green
- ☐ A conker



- ☐ A twig with a bend in it
- ☐ A flat rock or stone
- ☐ A seed
- ☐ Something hard
- ☐ Something soft
- ☐ A squirrel
- ☐ Animal tracks
- ☐ A bird's nest
- ☐ Red berries
- ☐ A puddle to jump in
- ☐ A spider's web
- ☐ Pine needles

KidsTime

Siúlóid an Fhómhair

shoo-loydge ann oar

Autumn Walk



Crann
Cran
Tree

☐


Duilleog - duilleoga
Dill-yog - dill-yoga
Leaf - leaves

☐


Dearcán
Jar-can
Acorn

☐


Cnó capaill
Crow capal
Conker

☐


Buaircín
Boor-keen
Pine Cone

☐


Iora rua/liath
iir-a-roo-a/lee-ah
Red/Grey squirrel

☐


altram
guilt na luathbhanta

Autumn leaves spotting sheet



☐ Ash



☐ Beech



☐ Elder



☐ Hawthorn



☐ Hazel



☐ Horse chestnut



☐ Oak



☐ Silver birch



☐ Sweet chestnut



☐ Sycamore

Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2022

www.wildlifewatch.org.uk

AUTUMN NATURE WALK BINGO

for your little one



Let's make... an autumn wreath

- Collect some autumn leaves. If they're wet, dry them underneath something heavy (like a pile of books) so that they dry flat.
- Cut a circle with a hole in the middle from cardboard (cereal box cardboard works well).
- Use glue to attach the leaves. If there are gaps you could add a second layer once the first layer has dried.







What you need:

- Toilet roll / kitchen roll tubes
- Black paint
- Black pipe cleaners
- Googly eyes

Steps:

1. Cut toilet roll tube in half, or quarters if using kitchen roll tube.
2. On opposite sides, poke four holes per side.
3. Paint outside of each tube, making sure to paint over the holes .
4. Once paint is dry, thread 4 pipe cleaners through one hole, through the middle and out through the hole directly across from the first hole – 4 pipe cleaners will make 8 legs.
5. Bend and pipe cleaners to look like spider legs and add googly eyes.



LET'S MAKE...

HEALTHY HALLOWEEN

SNACKS!



SPIDER SANDWICHES

- Cut small circles from a slice of bread. You could use a cutter if you have one, or a mug works well too
- Make a sandwich - we used grated cheese for ours, but you could use any filling
- Wash and peel a raw carrot and cut it into small sticks. Place 8 sticks into each sandwich to make the spider's legs
- Use 2 blueberry slices or olives as eyes



PUMPKIN FRUIT PLATE



This pumpkin fruit plate is great for sharing. You can use any fruit, fresh or tinned (remember to choose tinned fruit in juice rather than syrup). Strawberries or pineapple would be great choices for the nose and mouth.

To make ours we used:

- 2 small oranges
- 9 blueberries for the eyes and nose
- 15 red grapes, quartered

- Choose a round plate
- Place the blueberries in 3 triangles to make the eyes and nose
- Make a mouth out of the grapes
- Place the orange segments in the remaining spaces on the plate



SPOOKY PIZZAS



- Slice English muffins in half to use as the pizza base. Place under grill for a couple of minutes until just turning brown
- Spread tomato puree onto the muffins
- Cut cheese into thin slices (cheddar or mozzarella works well) and lay across to create the mummy's bandages. Finally, use sliced olives as eyes
- Place back under the grill for another 3-5 minutes or until the cheese has melted

TOP TIP

You could try making a pumpkin pizza by following the same recipe and making the shape of a pumpkin out of slices of orange pepper.



Apple Smiles

Use peanut butter as your glue to hold the mini marshmallows in place.

"BOO" NANA POPS



- Bananas – cut in half length wise and the half again to make four quarters
- Insert lollypop sticks into bananas, place on greaseproof paper and freeze
- White chocolate – melt chocolate in mug and dip bananas one at a time into the chocolate, scraping off any excess chocolate from the back of the banana and place on greaseproof.
- Chocolate chips – add quickly for eyes before chocolate hardens
- Return to freezer until frozen and ready to eat.
- Eat frozen



Ghost:

NB: You will need plain buns, white chocolate, edible eyes, white marshmallows, writing icing (any colour)

1. Cover the bun with melted white chocolate. ☐
2. Stick a white marshmallow into the middle of the bun. ☐
3. Cover the marshmallow with melted chocolate. ☐
4. Stick on 2 eyes using writing icing. ☐



Decorating Buns for Halloween

Spider:

NB: You will need plain buns, icing sugar, Oreo biscuits, edible eyes and brown or black writing icing.

1. Split an Oreo biscuit. ☐
2. Stick on 2 eyes with writing icing. ☐
3. Ice the bun. ☐
4. Stick Oreo onto the middle of the bun. ☐
5. Leave to harden. ☐
6. Draw on 6 legs with writing icing. ☐



Cat:

NB: You will need plain buns, milk chocolate, mini smarties, brown writing icing, chocolate sprinkles.

1. Cover the bun with melted milk chocolate. ☐
2. Cover the chocolate with sprinkles. ☐
3. Stick on 2 triangles of chocolate for ears. ☐
4. Stick on 2 small green Smarties for eyes. ☐
5. Stick on a small red Smartie for a nose. ☐
6. Use brown writing icing to draw on whiskers. ☐



HOW DOES A GHOST SNEEZE?



AH, AH, AH BOO!

@TheDaycareTeacher

The Wheels on the Bus (Halloween)



The ghosts on the bus go
"Boo, boo, boo,
Boo, boo, boo,
Boo, boo, boo!"

The ghosts on the bus go
"Boo, boo, boo,"
All through the town.



The bats on the bus go
"Flap, flap, flap,
Flap, flap, flap,
Flap, flap, flap!"

The bats on the bus go
"Flap, flap, flap,"
All through the town.



The pumpkins on the bus go
"Glow, glow, glow,
Glow, glow, glow,
Glow, glow, glow!"

The pumpkins on the bus go
"Glow, glow, glow,"
All through the town.



The witches on the bus go
"Ha-ha-ha,
Ha-ha-ha,
Ha-ha-ha!"

The witches on the bus go
"Ha-ha-ha,"
All through the town.



The skeletons on the bus go
"Clink, clink, clink,
Clink, clink, clink,
Clink, clink, clink!"

The skeletons on the bus go
"Clink, clink, clink,"
All through the town.



Stick sparklers into a carrot so the kids can hold them safely



It's great for little hands that need something chunky to hold & easier for them to grip.

Family Days Tried & Tested

Some fancy dress costumes are highly flammable so they can ignite almost instantly and burn fast



Try to buy from a reputable store or website. Cheap costumes may not meet UK safety standards.



Look for a costume with a UKCA or CE mark.



Look for a label that says: "This garment has undergone additional safety testing for flammability".



Safety and Fireworks



- Never allow children to play with or ignite fireworks.
- Keep a bucket of water or garden hose hand in case of fire or another mishap.
- Light fireworks clear of houses, dry leaves, or flammable material. Never light fireworks indoors.
- Never try to relight or pick up fireworks that have not ignited fully.
- Follow all the instructions carefully and wear safety glasses when lighting.



- Light fireworks one at a time then move back quickly. Keep a safe distance
- Children should only use fireworks under adult supervision.
- Make sure your pets are not around and don't leave children unsupervised
- Dispose of all spent fireworks by wetting them. Keep them away from combustible materials until fully safe.
- Don't drink alcohol while setting off fireworks.



Colin Community Safety Forum



Halloween doesn't have to be too scary.

Check out our helpful Halloween tips.



Tips for an autism-friendly Halloween

<https://www.autism.org.uk/what-we-do/news/tips-for-an-autism-friendly-halloween>

Some ways to make the most of Halloween if you don't feel like trick or treating





Top tips for Reading with your child

- ✧ Show your child how to hold a book ✧
- ✧ Have a good look at all the pictures together ✧
- ✧ Show them the words in the book ✧
- ✧ Move your finger across words as you read aloud ✧
- ✧ Point out punctuation like capital letters, full stops or question marks ✧
- ✧ Show them how to turn the page to continue the story ✧
- ✧ Read all types of books with your child ✧
- ✧ Ask questions ✧
- ✧ Have your child predict the ending of stories and retell stories ✧
- ✧ Have your child draw pictures based on the story you have read ✧
- ✧ Have books out for your child to read by themselves ✧
- ✧ Have a special reading spot and read throughout the day, not just at bedtime ✧
- ✧ Have comics and magazines available ✧
- ✧ Don't worry about reading the same book every time ✧
- ✧ Point out signs around shops or on roads ✧
- ✧ Look at food packaging ✧
- ✧ Explore the labels ✧
- ✧ Enjoy and remember READ, READ, READ ✧

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www.altram.org

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altram
 guth na luathfhlaithe



Trick or treat

Dressed as

Costume

Witch

Wizard

Witches hat

Witches broom

Skeleton

Vampire

Werewolf

Ghost

I am dressed as a witch

Halloween
Oíche Shamhna
Ee-Ha How-na

Bob nó bia

Gléasta mar

Culaith

Cailleach

Draíodóir

Hata caillí

Scuab caillí

Cnámharlach

Vaimpír

Conriocht

Taibhse/ púca

Tá mé gléasta mar chailleach



Bob no bee-a

Gless-ta mar

Cul-ee

Kyle-yah

Dree-a-door

Hata kyle-yee

Scoo-ab kyle-yee

Cra-were-lah

Vam-peer

Con-rickt

Tive-sha/ pooka

Taa may gless-ta mar kyle-ya



Leaf/ leaves
Duilleog/duilleoga
Dill-yog/dill-yoga



Acorn
Dearcán
Jar-can



Yellow
Buí
Bwee

The leaves are falling
from the trees

The leaves are yellow,
red and brown

Autumn
An Fómhar
Ann Four



Conker
Cnó Capaill
Crow cap-al



Scarecrow
Fear bréige
Far brega



Red
Dearg
Jar-ig

Tá na duilleoga ag titim de
na crainn

Tá na duilleoga buí, dearg
agus donn



Tree
Crann
Cran



Pinecones
Buaircín
Boor-keen



Brown
Donn
Done

Taa na dill-yoga ig
titch-im de na crinn

Taa na dill-yoga bwee,
jar-ig ug-us done

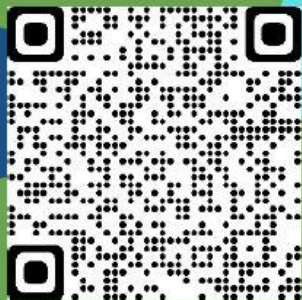
Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!

If you're struggling, it's okay to reach out:

SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

Visit
cypsp.hscni.net/youth-wellness-web/



Scan QR code

Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Text Shout:
852558

Deaf & hard of hearing
textphone users:
18001 0808 808 8000

Whether you're feeling overwhelmed, anxious, or just need a bit of guidance, the Youth Wellness Web is here for you — anytime, anywhere.

✦ Explore resources on:

- Mental health & wellbeing
- Bullying & bereavement
- School support
- Videos, podcasts & more

📱 Visit: <https://cypsp.hscni.net/youth-wellness-web/>

CHANGE YOUR MINDSET

change your words

INSTEAD OF:

I can't do this



I will try my best

I am afraid of mistake



Mistakes help me learn

I don't know



I can find out

I'm not good at this



I am great at this

It's easier for them



I can learn from them

HOW TO MAKE YOUR OWN SUNSHINE

@POSITIVELYPRESENT



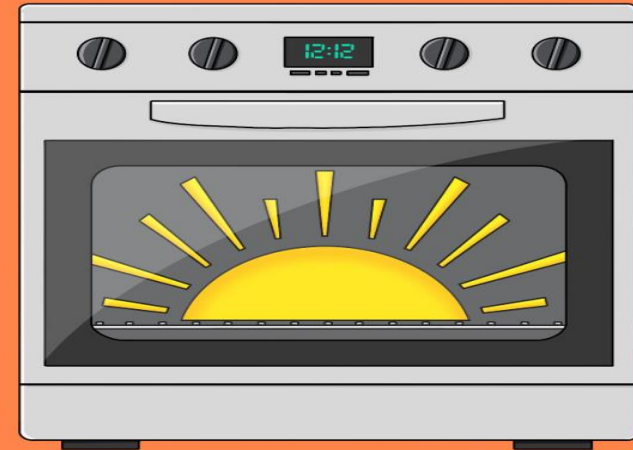
DRIZZLE IN DAILY ACTIVITIES THAT BRING YOU JOY



STIR IN A GENEROUS AMOUNT OF GRATITUDE



SPRINKLE IN LOTS OF SELF-AWARENESS



MIX IN MINDFUL ATTENTION TO THE PRESENT MOMENT



POUR IN POSITIVE EMOTIONAL OUTLETS



ADD A CUP OF CELEBRATION (FOR WINS BIG & SMALL!)

TOP TIPS

HSC Western Health and Social Care Trust

Top Tips for Self Care



Manage stress by practicing Mindfulness & learn breathing techniques



Talking helps process emotions; create supportive networks, make connections



Sleep has a major impact on how we feel and function. It is recommended to have 7-9 hours every night



Create a regular schedule; go to bed & wake up at same time each day to help regulate your body's natural sleep-wake cycle.



morning AFFIRMATIONS

- I am important
- Today is going to be a good day
- The world needs me
- Today I choose happiness
- I believe in myself
- Today is a fresh start
- Today I will do my best

@TheDaycareTeacher

Positive Morning Affirmations for Kids



I am loved.



I am kind.



I am proud
of me.



I am smart.



I am brave.



I am creative.



I am a good
friend.



I am
important.



I am happy.



I am a good
listener.



I am
thankful.



I can be
patient.



I can learn
new things.



I can share.



I am
strong.



I am helpful.



I can try
my best.



I can make good
choices.



I can do
hard things.



I am enough.

Best Day Ever Recipe

Ingredients & Directions

Take lots of friends
Mix in some yummy pizza
Add in singing loudly
And a tablespoon of games
Sprinkle in a fun train ride
That's the best day ever!

BEST
day
EVER

If you're having
a rough week,
focus on the
little victories.
Half is better
than not at
all. Any step
in the right
direction
counts.

SelfLoveRainbow

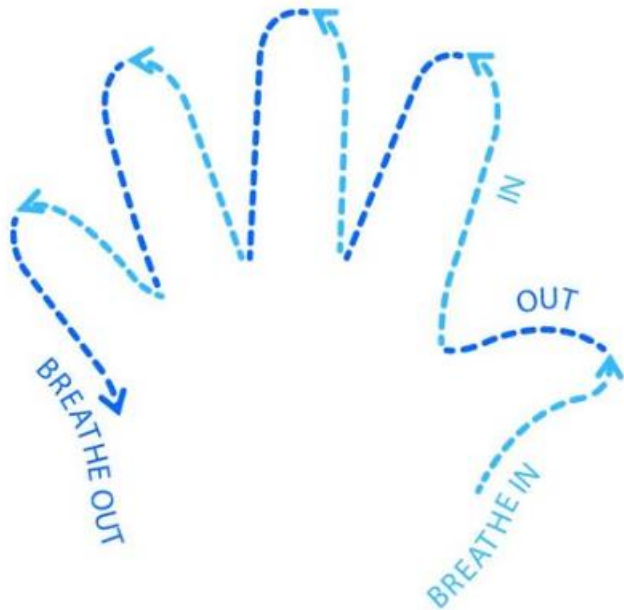
PUT *your* PHONE DOWN and...

@POSITIVELYPRESENT



Breathe It Through

Stretch your fingers as wide as you can.
Take slow deep breaths in and deep breaths out as
you trace around each finger.



Take your time with it.
You might find it helpful to close your eyes whilst breathing through.

Instead of always trying
to be the best version
of me

I'm going to just be
every version of me

Happy
Sad
Weird
mad

I let it all flow through 
because what does the best
really mean anyway?

I think the best me
is the authentic me

Being the real me
Now i'm free



Christine Owenstitt



Online hub for under 13s and teens with practical advice, top tips and tools to help manage your online activity safely and responsibly.

<http://onlinesafetyhub.safeguardingni.org>



Being blackmailed after sharing a nude? It can happen to anyone. You're not to blame and you're not alone.

Take control:

- ⚠ Don't pay
- 🚫 Block them
- 📢 Report the account
- 🗣 Tell a trusted adult
- 👮 Report it to the police

VAPING ADDICTION SOON TAKES HOLD OF YOU

Vapes can contain nicotine and may quickly become harmfully addictive. Affecting your mood, your mental health, and your sleep.

Get the facts at
www.pha.site/vaping



Public Health Agency www.publichealth.hscni.net

02/25

Available
in Public
Libraries

Free Period Products

For more information including locations please visit
nidirect.gov.uk or myperiod.org.uk

Scan to download the
PickupMyPeriod App



iOS



Android

Do I need to keep my child off school?

Chicken Pox

At least 5 days from onset of rash and until all spots have crusted over

Conjunctivitis

No need to stay off but school or nursery should be informed

Diarrhea &/or Vomiting

48 hours from last episode

Respiratory Illness

(e.g colds & flu)
Can return when no longer have a high temperature and well enough

Glandular Fever

No need to stay off but school or nursery should be informed



Hand, foot & mouth

No need to stay off if well enough, but school or nursery should be informed

Impetigo

Until lesions are crusted & healed or 48 hours after commencing antibiotics

Head Lice

No need to stay off but school or nursery should be informed

Measles

4 days from onset of rash

Mumps

5 days from onset of swelling

German Measles (Rubella)

5 days from onset of rash

Scarlet Fever

24 hours after commencing antibiotics

Scabies

Until after first treatment

Slapped Cheek

No need to stay off but school or nursery should be informed

Threadworms

No need to stay off but school or nursery should be informed

Tonsillitis

Can return when no longer have a temperature and well enough, school or nursery should be informed

Whooping Cough

48 hours after commencing antibiotics

Use this guide to find out when they should stay off, and when they can go back if they are well enough to do so.

Stop the spread

Follow the steps below to help protect your family and stop the spread of germs.



Rest up

Know when to stay home to stop the spread. If you have a high temperature stay home until you feel better or if you have diarrhoea and/or vomiting, you should stay home for at least 48 hours after the last episode.



Catch it, bin it, kill it



Wash hands regularly



Antibiotics don't work on viruses



Speak to your pharmacist about over-the-counter remedies

Winter vaccines

If eligible get your COVID-19 booster & flu vaccine

