



Children & Young People's Strategic Partnership

CHILDREN & YOUNG PEOPLE'S RESOURCE PACK

HALLOWEEN EDITION | OCTOBER 2026



Halloween pictures for you to colour





HALLOWEEN

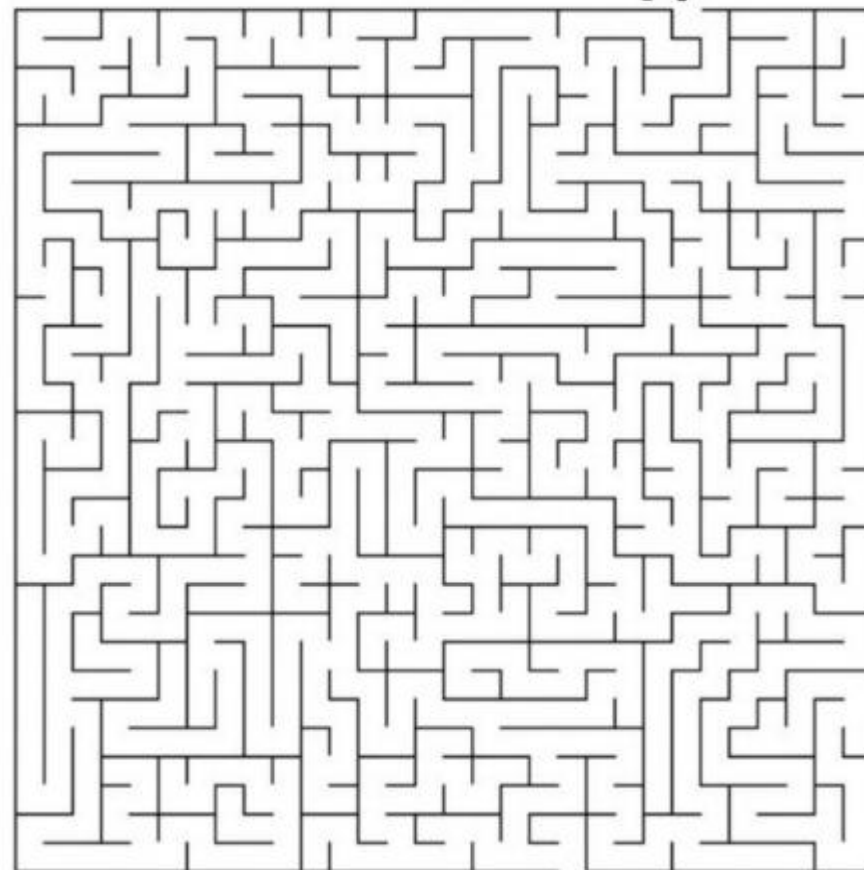
TRICK
OR
TREAT

Alphabet Challenge

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

A	_____	N	_____
B	_____	O	_____
C	_____	P	_____
D	_____	Q	_____
E	_____	R	_____
F	_____	S	_____
G	_____	T	_____
H	_____	U	_____
I	_____	V	_____
J	_____	W	_____
K	_____	X	_____
L	_____	Y	_____
M	_____	Z	_____

Can you help the cat find its way home through the maze?



**HELP THE BLACK
CAT GET HOME**

www.FRUGALMOMEH.com

HALLOWEEN CRAFTS

Some Easy Halloween Crafts to Try at Home



Witchy autumn wands

You will need:

- ☐ A stick
- ☐ Some coloured wool, ribbon, or string
- ☐ Natural items, such as feathers, leaves, nut cases

How to make your wand:

- 1 Take your stick and tie the wool, string, or ribbon in the middle.
- 2 Wrap the material tightly around the stick, using it to hold the natural items you collected in place. Try using different colours to make it wonderful and bright.
- 3 Once finished, tie your string in a knot at the top of your stick, so that it doesn't unravel.

Use your wand to cast some spells!



Share your creations with us on social media.

forestryengland.uk/autumn

PUMPKIN PATCH SEARCH

Find and colour all 6 pumpkins.
Then colour the garden!



AUTUMN & HALLOWEEN ACTIVITIES

As the months turn colder it is important to still enjoy time playing outside - dress for the weather and embrace the play opportunities and health benefits of spending time outdoors.

HALLOWEEN GAMES

- Mystery box - cover and cut a small hole in the lid. Fill with creepy things such as brains (cooked spaghetti or sponge), witch fingers (carrots with almond nails), eyeballs (peeled grapes or olives), a hand (rubber glove filled with flour), an animal (fake fur), a monster's tongue (sliced banana), witch hair (wool), maggots (rice) and try and guess what's in the box.
- Tasting competition - wear a blindfold and guess the different and unusual foods.
- Pumpkin bowling - see who can collect the most seeds in a cup afterwards.
- Play pumpkin bean bag toss or crazy golf after carving your pumpkin.

ARTS & CRAFTS

- Paint and decorate pumpkins.
- Make 3D pumpkins, dream catcher spiderwebs or a witch's hat.
- Spooky lava lamp - fill a bottle 1/4 full of water, then almost to the top with vegetable oil. Once separated add 6 drops of food colouring and effervescent vitamin tablets bit by bit to watch the bubbles form.

OUTDOOR FUN

- Chalk fireworks on your driveway.
- Have a winter BBQ, make s'mores over a fire pit and enjoy a spooky mocktail - blend a cupful of skimmed milk with 5 strawberries and 5 blackberries.
- Go for a walk in the woods and collect conkers and leaves. Try leaf printing or making a conker worm or necklace. Roll your conker in paint to make a picture.
- Go on a pumpkin hunt in your garden - use mini pumpkins, mark one, and see who finds it.
- Have fun on a spooky sweet hunt or Halloween scavenger hunt around your house or garden.
- Glow in the dark bowling - fill empty bottles with cold water, pop in a glow stick and close. Start bowling once it's dark.
- Slime splat - add some water to cornflower along with a little green food colouring and stir until it forms a slime that you can make into a ball, but returns to liquid when you let go. Set up a large card outside and try to hit your target with the slime.
- Go stargazing in your garden on a clear night.



PlayBoard NI is registered with the Charity Commission for NI NIC104724, company limited by guarantee no. NI30225, charity no. XR86639.

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6 Pumpkin Activities

- Make pumpkin pancakes
- Play pass the pumpkin
- Have a game of pumpkin bowling
- Make a sensory bag using insides
- Stick the face on a pumpkin
- Paint a funny face



Make an Autumn wreath

- Collect some autumn leaves. If they are wet, dry them underneath something heavy (like a pile of books) so that they dry fast.
- 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.

Spooky Snack Ideas

Simple, fun and tasty treats for Halloween!



Banana Ghosts

Cut bananas in half and use raisins or small chocolate drops to create eyes and a mouth.

Halloween Popcorn Mix

Mix popcorn with pretzels, cereal hoops and raisins for a simple autumn snack.

Witch's Broomsticks

Attach a small piece of cheese to one end of a breadstick or pretzel stick and make cuts in the cheese to resemble broom bristles.

Pumpkin Oranges

Peel mandarins or satsumas and add a small piece of celery or cucumber to the top to create a mini pumpkin.

Monster Apple Slices

Slice apples and spread with peanut butter or cream cheese. Add mini marshmallows for teeth and raisins for eyes.



Halloween Scavenger Hunt



Pumpkin



Ghost



Chocolate Apple



Black Cat



Candy Apple



Bat



Apple Tart



Witch



Candy/Treats



Spider



Family Activities for a low-screen half term

Decorate
Halloween
biscuits

Collect
conkers

Make a
family
Autumn
scrapbook

Carve
pumpkins

Make a
nature
collage

Have an
indoor
treasure
hunt

Build
a fort

Make hot
chocolates
with
toppings

Have a
family
board
game
afternoon

Make an
apple
crumble
together

Visit
your
local library

Make
friendship
bracelets

Have a
family
karaoke
session

Have an
indoor
picnic

Have a
nature
scavenger
hunt

Start a
reading
challenge

Family Activities for a low-screen half term

Decorate Halloween biscuits, Collect conkers, Make a family Autumn scrapbook, Carve pumpkins, Make a nature collage, Have an indoor treasure hunt, Build a fort, Make hot chocolates with toppings, Have a family board game afternoon, Make an apple crumble together, Visit your local library, Make friendship bracelets, Have a family karaoke session, Have an indoor picnic, Have a nature scavenger hunt, Start a reading challenge.

For many people, Halloween is a fun and exciting time, but for some autistic individuals it can also be overwhelming. Changes to routine, unfamiliar costumes, busy environments, and lots of visitors can make the experience more stressful.

To help prepare for the Halloween break, we've created a visual story that can support autistic children, young people and adults in understanding what to expect and feeling more confident during the celebrations.

We hope this resource helps make Halloween a little more predictable, enjoyable, and accessible for everyone.



Halloween



Halloween is in October.



People dress up at Halloween.



I can dress up at Halloween.



People decorate their homes with pumpkins and



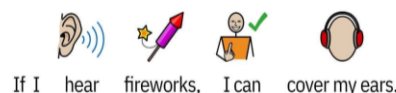
spooky things.



This is okay!



If I see something spooky, I can cover my eyes.



If I hear fireworks, I can cover my ears.



This is okay!



School is closed at Halloween.



I will stay at home and have fun!



I can use a countdown calendar to show me



when



I



go back to school.



My family will keep me safe at Halloween.



HALLOWEEN HINTS AND TIPS

Happy Halloween!

This time of year can be really exciting for many people, but can also be a time filled with new sensory and social experiences that are not part of your usual routine. Here are some tips that may help you plan for your Halloween celebrations!

- 1. Halloween can be a big change in routine. Use visuals to support an autistic people when participating in Halloween events. This may be a travel schedule to show what to expect when traveling to a Halloween party or a schedule to show the activities within parties/events.**
 - 2. Give warning in advance about sensory experiences and prepare strategies as needed. For example, bring headphones if attending fireworks displays, or pack individualised snacks for a party if the person has limited foods/snacks they like.**
 - 3. If Trick or Treating, a visual map can be useful to show where you are going, or a check list of houses you can tick off as you progress. The individual can then see how long they will be trick or treating for and know what to expect.**
 - 4. If dressing up, consider any sensory needs the people may have in regard to clothing textures. If possible, link your dress up to a particular interest that the person may have which can make the process much more enjoyable. Also, bring an easy change of clothes in case it gets uncomfortable.**
 - 5. When trick or treating, bring along useful items, such as a torch for safety, ear defenders or headphones to block out noise and a stim/special toy for comfort.**
 - 6. If your child is non-verbal or has limited verbal language, you could prepare visual cards that they hand out that say 'Trick or Treat' on one side and 'thank you' on the reverse, helping them to communicate in a way that works best for them!**
 - 7. When attending Halloween outings, partner with family and friends that your autistic child is comfortable with. This will help reassure them and reduce anxiety.**
- Finally, remember Halloween is meant to be an enjoyable and fun holiday. Participate in the things that work best for your family, and feel free to be creative to individualise the holiday, so it is a positive experience!**



@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.

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.

Be careful what you wear when you're out to scare

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"



Remind children to stay well away from naked flames and other heat sources



@ChildAccidentPreventionTrust
@capt_charity capt.org.uk

Supported by
Office for Product Safety & Standards

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Child Accident Prevention Trust Supported by Office for Product Safety & Standards



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.





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

Conríocht

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



Halloween
Oíche Shamhna
Ee-Ha How-na

English

Trick or treat

Dressed as

Costume

Witch

Wizard

Witches hat

Witches broom

Skeleton

Vampire

Werewolf

Ghost

Irish

Bob nó bia

Gléasta mar

Culaith

Cailleach

Draíodóir

Hata caillí

Scuab caillí

Cnámharlach

Vaimpír

Conríocht

Taibhse/púca

Pronunciation

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

Everyone Plays Autumn Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Make a mud kitchen outside 	Water potions with conkers, leaves and pinecones	Build a cosy den inside or outside 	Create a giant collage using fallen leaves and sticks	Create paint stamps using stones	Nature scavenger hunt 	Create leaf rubbings or leaf printings 
Use boxes and loose parts to create an autumnal village 	Explore textures - collect and feel leaves, bark, conkers, pinecones and mud	Make a stick family - collect sticks and create characters 	Taste test harvest fruits and vegetables with a blind fold 	Make a scented play-doh using spices and herbs 	Create a dinosaur world using loose parts and natural materials	Build a fire and make smores 
Pumpkin washing 	Chalk fireworks	Build a cosy hedgehog house	Use cut up pool noodles and other loose parts to build a haunted house	Scoop out mini pumpkins and make pumpkin boats	Window leaf printing 	Make bird feeders using pinecones 
Use sticks and leaves to make autumn fairy stick puppets	Conker ice rescue 	Use leaves to make autumnal mandalas 	Jump in puddles! Take homemade boats for boat races	Create nests using natural materials - put play doh animals inside	Create an obstacle course with a rope swing in the forest	Make autumn lanterns 

AUTUMN
2026



PlayBoard NI is registered with the Charity Commission for NI NIC104724, company limited by guarantee no. NI30225, charity no. XR86639. www.playboard.org

Inclusive Play Calendar - Autumn 2026

1.Make a mud kitchen outside 2.Water potions with conkers, leaves and pinecones 3.Build a cosy den inside or outside 4.Create a giant collage using fallen leaves and sticks 5.Create paint stamps using stones 6.Nature scavenger hunt 7.Create leaf rubbings or leaf printings 8.Use boxes and loose parts to create an autumnal village 9.Explore textures - collect and feel leaves, bark, conkers, pinecones and mud 10.Make a stick family - collect sticks and create characters 11.Taste test harvest fruits and vegetables with a blind fold 12.Make a scented play-doh using spices and herbs 13.Create a dinosaur world using loose parts and natural materials 14.Build a fire and make smores 15.Pumpkin washing 16.Chalk fireworks 17.Build a cosy hedgehog house 18.Use cut up pool noodles and other loose parts to build a haunted house 19.Scoop out mini pumpkins and make pumpkin boats 20.Window leaf printing 21.Make bird feeders using pinecones 22.Use sticks and leaves to make autumn fairy stick puppets 23.Conker ice rescue 24.Use leaves to make autumnal mandalas 25.Jump in puddles! Take homemade boats for boat races 26.Create nests using natural materials - put play doh animals inside 27.Create an obstacle course with a rope swing in the forest 28.Make autumn lanterns





Scarecrow Lolly Sticks

Create your own cheerful autumn scarecrow using wooden lolly sticks and a few simple craft supplies! Glue the sticks together to form a face, then add googly eyes, a paper triangle nose and a smile. Finish with a craft stick hat, paper straw hair and a bright sunflower decoration.



Autumn Leaf Foxes

Turn those beautiful fallen leaves into the cutest little foxes! Simply collect some large leaves, paint them orange, add white cheeks and finish with two little eyes and a black nose.



Always supervise children and help with cutting and small parts.

Simple Play & Craft Ideas

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 leaves spotting sheet

Wildlife Watch ☐ Ash ☐ Beech ☐ Elder ☐ Hawthorn ☐ Hazel ☐ Horse chestnut ☐ Oak ☐ Silver birch ☐ Sweet chestnut ☐ Sycamore



“Duilleoga ag titim” (Falling Leaves),

Irish translation

“Tá na duilleoga ag titim, ag titim go trom, ag titim, ag titim anuas ar mo cheann. Is maith liom na duilleoga oráiste 's donn. Ach amharc anois, tá an crann lom.”

A second phonetic version of the poem is also included to support pronunciation.

English translation

“The leaves are falling, falling heavily, falling, falling down upon my head. I like the leaves orange and brown. But now look, the tree is bare.”

☆ Self-Care Jar



@BlessingManifesting

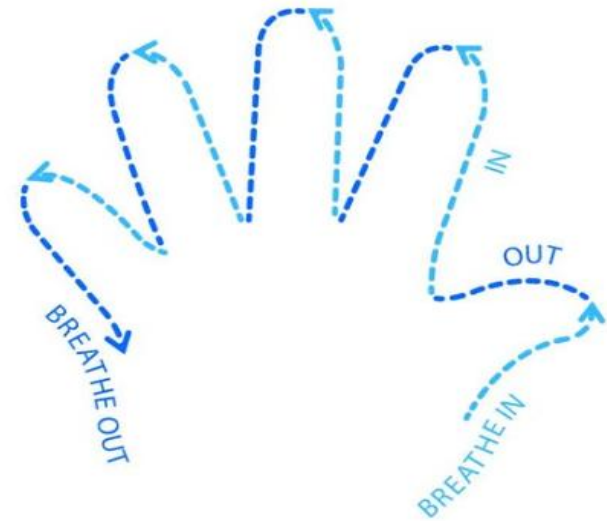
1. Get an empty jar
2. Write down your favorite self-care ideas on strips of paper
3. Fill the jar with all of your ideas
4. When you're feeling down or drained, pull one out and do the activity

Self Care Jar

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2. Write down your favourite self-care ideas on strips of paper
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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.

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



Take a break from scrolling and ground yourself in the now by searching for: -

- 13 pumpkins or gourds
- Things you'd find at school
- Something very spooky
- 10 pieces of candy corn
- Something warm to wear
- 3 yellow pencils
- 2 black cat silhouettes
- A loud chirping insect



HOW TO MAKE YOUR OWN SUNSHINE

- 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 habits
- Add a cup of celebration (for wins big & small!)

Working in Partnership since 2011

YOUTH WELLNESS WEB

Feeling overwhelmed?
Anxious? Or just need
some tips to stay well?

YOU are not alone.

The Youth Wellness Web
is here for YOU –
anytime, anywhere.

No matter how big or
small it feels, it's okay to
reach out.

[HTTPS://CYPSP.HSCNI.NET/YOUTH-WELLNESS-WEB/](https://cypsp.hscni.net/youth-wellness-web/)

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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	
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	German Measles (Rubella) 5 days from onset of rash
				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.

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- Whooping Cough; 48 hours after commencing antibiotics.

Footer text: 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.



5 Tips on Road Safety:

- Firstly, Stay Visible - Be Seen & Safe
- Learn Road Safety Basics (Safe Cross Code)
- Always be Aware of your Surroundings
- Pay Extra Attention to Driveway Safety on Dark Nights
- Finally, Bike Safely on Dark Nights - Use Reflectors/Night Lights