

HALLOWEEN

and In-between

ACTIVITY BOOK

Activities, printables and tips
to help kids and grown-ups
celebrate Halloween
and the soulful holidays
it's between.



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For Grown Ups

Halloween Fun

Safe, Sweet, and Scary

Parents and kids of all ages can get into Halloween cheer or Halloween gloom. Here are our suggested tips and books for both.

5 Tips for Staying Safe on Halloween

By Rose GARRETT

When it comes to their child's safety, parents lay early ground rules: no wandering the neighborhood unsupervised, no lurking around on other people's property, and absolutely no taking candy from strangers. But tonight, there's something special in the air. Could it be that witches and warlocks are hiding in the bushes, and ghosties have risen from their graves? Or that kids across the nation will be out after dark, knocking on strangers' doors and cramming candy by the pillowcase-full?

The Halloween heebie-jeebies frequently give parents pause. "There's a fair amount of hysteria that comes along with Halloween," says Paula Statman, M.S.W., author of *Raising Careful, Confident Kids in a Crazy World* and founder of KidWISE Institute. But, though the specter of scary strangers, tampered-with treats, and kids gone astray can haunt parents, the nostalgia for a simpler time can make them relax the rules. "It's very tempting to bend personal safety rules for children," says Statman. "It's a very nostalgic night for parents." So, what can you do to keep kids safe without scaring them silly? Simple. "Use the same rules you talk about the rest of the year," advises Statman. And because Halloween presents lots of opportunities for kids to use poor judgment, it also gives parents the chance to teach important lessons about responsibility and safety. Here are Paula Statman's tips to keep Halloween fun and safe.



- ▶ Have an agreed upon route. Plan a trick-or-treating course that takes your child through well-lit, heavily populated areas of the neighborhood. That way, if you need to find her in a hurry, you'll know where to start.
- ▶ Have your ballerina or firefighter carry a cell-phone, and check in with them at regular intervals. This gives them freedom as well as security: if they see an awesome haunted house up the hill, have them call and let you know they're deviating from the route.
- ▶ Have "what if?" conversations with your child. What would you do if someone bigger and older took your candy? What would you do if someone dared you to egg a house, or to smash a jack-o'-lantern? By preparing them for these eventualities, you're giving yourself and your child some peace of mind.
- ▶ When trick-or-treating, tell your child to accept candy only when the door is open, and to never go inside someone's house, except in an emergency. This counts for neighbors, older brothers of friends, and anyone else your child might encounter, including "strangers."
- ▶ Wait until getting home to eat candy. Treats should come in individually wrapped packages, and parents should raise a red flag if anything comes home unwrapped. Encourage your child to spread his loot out on the floor, and sort through it together. That way, parents can swap out items, or, bargain for a share of the sugary stash.

Halloween doesn't have to be a nightmare for parents. By staying true to everyday rules, and working with your child to develop new ones, Halloween can go back to being a once-yearly night of uncomplicated fun, for kids and parents alike.





Not-So-Scary Halloween Books for Young Readers

By Renee KIRCHNER

On Halloween spooky stories are all around. Though tales of goblins and ghouls may frighten young children, reading a good story is the perfect way to get you both in the spirit of the holiday. And, while Halloween may be a creepy and frightening night for a young child, not all Halloween stories are scary. Some of them are funny, sweet, or just plain fun!


Carol Phaling, an elementary school librarian, always reads a batch of Halloween-themed books to her students in late October. Here are her favorites:


-  *Mouse's First Halloween* by Lauren Thompson. Illustrated by Buket Erdogan. (Simon and Schuster Books for Young Readers, 2000). Mouse is out exploring on Halloween night and he hears all sorts of strange noises. What could they be? Your child will enjoy guessing what Mouse hears as you turn the pages. "I read this story every year to the first grade classes," says Phaling, "and they love the chance to participate in the reading experience."
-  *Bat Jamboree* by Kathi Appelt. Illustrated by Melissa Sweet. (HarperCollins Publishers, 1996). All of the farm animals gather around to watch the annual bat jamboree. Fifty-five bats sing, dance, dive, and entertain the crowd of animals. The rhyming text and adorable illustrations



make this book a hit with young children preschool through second grade. Phaling says it works on two levels: While younger children practice their counting, older kids can work on addition. Plus, there's even some humor for parents to enjoy.

 *We're Off to Find the Witch's House* by Mr. Krieb. Illustrated by R. W. Alley. (Dutton Children's Books, 2005). Young children dressed in Halloween costumes are off to find the witch's house, but they aren't afraid. Along the way they encounter an owl, a skeleton, and a ghost. When they finally get to the witch's house they are in for a nice surprise. "Children love books with repetition, rhyme, and alliteration and this book uses these literary devices very well," says Phaling.

 *Pumpkin Cat* by Ann Turner. Illustrated by Amy June Bates. (Hyperion Books for Children, 2004) A lost orange tabby finds a home at a local library. The librarians and the young children feed him and take care of him. Soon word gets around that there is a cat at the library and a black kitten is found on the doorstep with this card: "My name is Halloween Cat, and I need a home. I like to purr, and tuna is my favorite food. I hear this library likes cats."

 *The Pumpkin Book* by Gail Gibbons. (Holiday House Books, 1999) This colorful, nonfiction book for children kindergarten through grade three teaches readers how pumpkins are grown from seeds and harvested on farms. "Teachers love to check this book out every year to show their students how pumpkins are grown," says Phaling.

Halloween is a holiday with many customs and traditions, some of which can seem frightening to young children. But the books kids read during this holiday don't need to be scary – especially when there are so many sweet, charming Halloween books available. So what are you waiting for? Head to your local library to get into the Halloween spirit!



Spooky Reads For Older Kids

At Halloween some of the season's spookiest, cleverest and most well-imagined tales are those written for older audiences. These five books preserve the essence of the Halloween book: imagination, mystery, and the un-dead!

The Mystery of the Fool and the Vanisher by David and Ruth Ellwand. (Candlewick Press, 2008) Photographer David Ellwand takes readers on a dark journey to the English Downs, which are said to be haunted by fairy creatures. A flint stone with a hole in it, found in a forgotten nineteenth-century archaeological dig, transports Ellwand to a mythical netherworld which will change his life forever. Once you look through the vanisher, it's never the same. Beautiful photography and a powerful mix of ancient folklore, mystery and imagination make this unique book something to cherish on All Hallows' Eve.

The Robe of Skills by Vivian French. Illustrated by Ross Collins. (Candlewick Press, 2007) High above the village of Fracture lives the Sorceress Lady Lamorna. Like any sorceress, she wants a new dress—skull-studded made with black velvet and a blood red petticoat. The only problem is that she has no gold to pay for it, and devises an evil plan to get what she wants. Can the heroic Gracie Gillypot save



all the neighboring princes and princesses from Lamorna's evil plan? This light-hearted fairy tale, with freaky characters akin to those of Roald Dahl, will keep your tween's funny bone and imagination engaged this Halloween.

Dracula's Heir by Sam Stall (Quirk Books, 2008)

Sure, your kid has heard of Dracula, but does he know that the story became popularized in one of the best examples of gothic literature ever written? Bram Stoker might be a little tough for your young reader, which is why Sam Stall's rendition is a perfect introduction. For reason's still debated by critics, the first chapter of *Dracula* was cut from the book just a week before publication. Here, it becomes the central clue in a chilling "who-dunnit?" story. This interactive mystery features stunning illustrations and eight removable clues, including a newspaper, a death certificate, a Victorian calling card and more. Can your child solve the mystery?

The Graveyard Book by Neil Gaiman. Illustrated by Dave McKean. (HarperCollins, 2008)

A best-selling author, Neil Gaiman knows scary. This book is a gothic riff on Kipling's *The Jungle Book*. Bod (short for Nobody because he's like nobody else) is an orphan boy who has been raised by ghosts in his graveyard home. Though he is well cared for and loved, he wonders what life would be like outside the cemetery. The problem is the man who murdered his family is still at large and out to finish the job. This book is part suspense, part adventure, and part mystery—a feast for the imagination.

Ray Bradbury's The Martian Chronicles: The Authorized Adaptation by Ray Bradbury. Illustrated by Dennis Calero. (Hill and Wang, 2011) Master of Science Fiction, Ray Bradbury, brings the planet Mars to life in these haunting tales. This graphic novel is a compilation of his short stories about the red planet. Be prepared to have your sense of time and space totally warped as each vignette brings you further through the wormhole that is life on Mars. With beautiful, haunting color illustrations this wonderful collection of prose poetry is the perfect choice for graphic novel fanatics and Sci-Fi lovers.



Old World Halloween

Beneath the glaze of sugar and fun the Halloween holiday is made up of layers of history. This October 31st take a look at the superstition, myths and history that surround this day and festive ways to add a bit of vintage flare to modern day parties.

Heartthrob Halloween: Monsters, Mayhem and . . . Marriage?

Despite its rather grim associations today, October 31st once had a more hopeful outlook. Halloween was a time to look for romantic predictions. In the 19th century people played divination games at parties. These included interpreting cards, the reading of egg whites and apple peels for the name of a future spouse, the casting of “love spells” and the burning of nuts to determine one’s marriage. Some traditions in the British Isles had would-be brides throwing lengths of yarn out their windows at night in the hopes that a future lover would pick them up, or cooling molten lead in water to see a potential husband’s livelihood. Halloween’s roots in mystery made it prime time for this kind of superstition.

To celebrate have a pippin paring party! A pippin is another word for apple. Lots of Halloween parties today include bobbing for apples, and this vintage take on the game adds some matchmaking mischief. Once everyone has had the chance to bob for an apple, peel your apple in a single continuous strip



(this may require adult hands if smaller children are playing, as apple peeling can be tricky). Fling the apple peel over your left shoulder, jump, and take a peek—whatever shape the apple paring falls in will resemble the first letter of your love’s name!

Hallowed Halloween: Spooks, Souls and . . . Saints?

The word “Halloween” comes from All Hallows’ Eve, which was shortened to Hallows’ Evening and Hallowe’en. All Hallow’s Eve refers to a Catholic festival of saints on November 1st. The Feast of All Saints is celebrated on that day as Catholics around the world think of their Saints and loved ones. On November 2nd is All Souls’ Day which commemorates “the faithful departed.” Worshippers offer prayers on behalf of the deceased.

Especially popular in Latin America and Mexico, the Day of the Dead, or Dia de los Muertos, is observed with color and pageantry. Though celebrations vary from place to place, many celebrants don vibrant costumes and masks, participate in dance and song traditions, and end the day at the cemetery to honor their loved ones by bringing gifts. Probably the most recognizable imagery of this festival comes from José Guadalupe Posada’s 1913 print “La Calavera Catrina,” which depicts a richly dressed female skeleton.



To celebrate make a papel picado banner! In Spanish, this means “pierced paper”, and it is a traditional way to celebrate the Day of the Dead. You’ll need tissue paper, scissors, string, and a pencil. Fold the tissue paper in half multiple times (making a narrow rectangle), not so many times that it is too thick to cut. Use your pencil to draw designs along the fold and on the tissue, but NOT on the corners. Skeletons are a customary design for Dia de los Muertos. Cut out your drawings using the scissors, being careful not to cut the corners of the square. When you unfold your paper, you will have a decorated tissue square (similar to a paper snowflake). Make several and attach them by folding the top ¼ inch of each tissue paper over a string to create a banner.



Hungry Halloween: Smarties, Snickers and . . . Soul Cakes?








Soul! soul! a soul-cake!
Please, good misses, a soul-cake—
An apple or pear, a plum or a cherry,
Any good thing to make us merry,
One for Peter, two for Paul,
Three for Him who made us all.

Before apples and candy, were soul cakes. In the Middle Ages soul cakes were given to poor parishioners who went door to door offering prayers for the family's recently deceased on All Hallows' Eve. These beggars were paid in pastries for their heavenly pleas, and even modern songs mention the tradition.

Handing out soul cakes may have origins that date to the Celtic festival for the start of winter, Samhain. It's a rough equivalent to Halloween and All Souls Day; among other practices at Samhain, food and drink were set out to appease ancestors.

To celebrate make soul cakes!

Gather ingredients:

-  ¾ cup baker's sugar
-  1 Tablespoon milk
-  4 sifted cups of flour
-  ¾ cup butter
-  3 egg yolks
-  3 tablespoons raisins or currants
-  Spices (pumpkin pie spice, allspice, or cinnamon, etc.) to taste.

When you and your kitchen helpers are ready, mix the flour and spices together then set that aside. Next cream the butter and sugar, stirring in the beaten egg yolks and flour/spice mixture. Mix in the raisins last. If the flour is still dry or the dough is breaking apart add milk a spoonful at time to make dough. Form small balls of dough into flat cakes and cook at 375 degrees on a well-greased pan until golden.

The practice on All Saints' and All Souls' Day of asking for and giving cakes in remembrance of those who've passed away was called going "a-souling." The act of going door to door asking for treats is now an act of mischief and childish delight called trick-or-treating.





For Kids

Halloween Printables

From a lighthearted game to bone-chilling anatomy review, here are worksheets to get into the spirit.

Bat Flyers

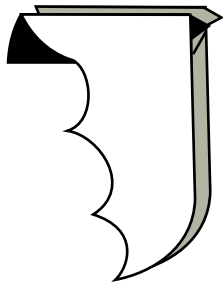
Have a **grown-up help** cut out **and fold the bats!**

For **best results**, print on **thicker paper**.

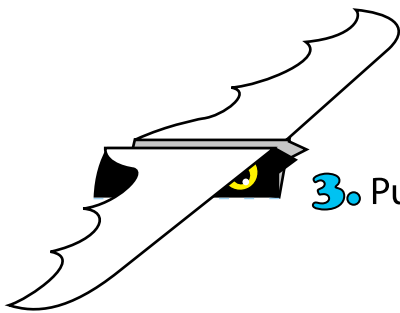
More bats on the second page!



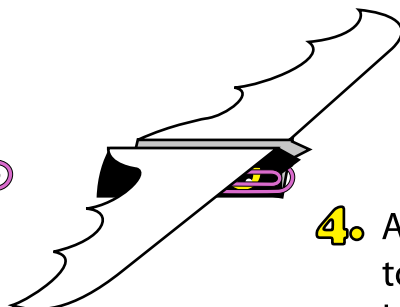
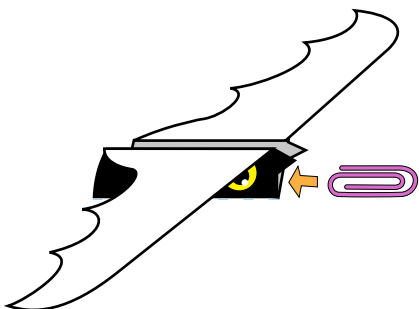
1. Fold the bat in half, printed side out.



2. Fold the wings down.

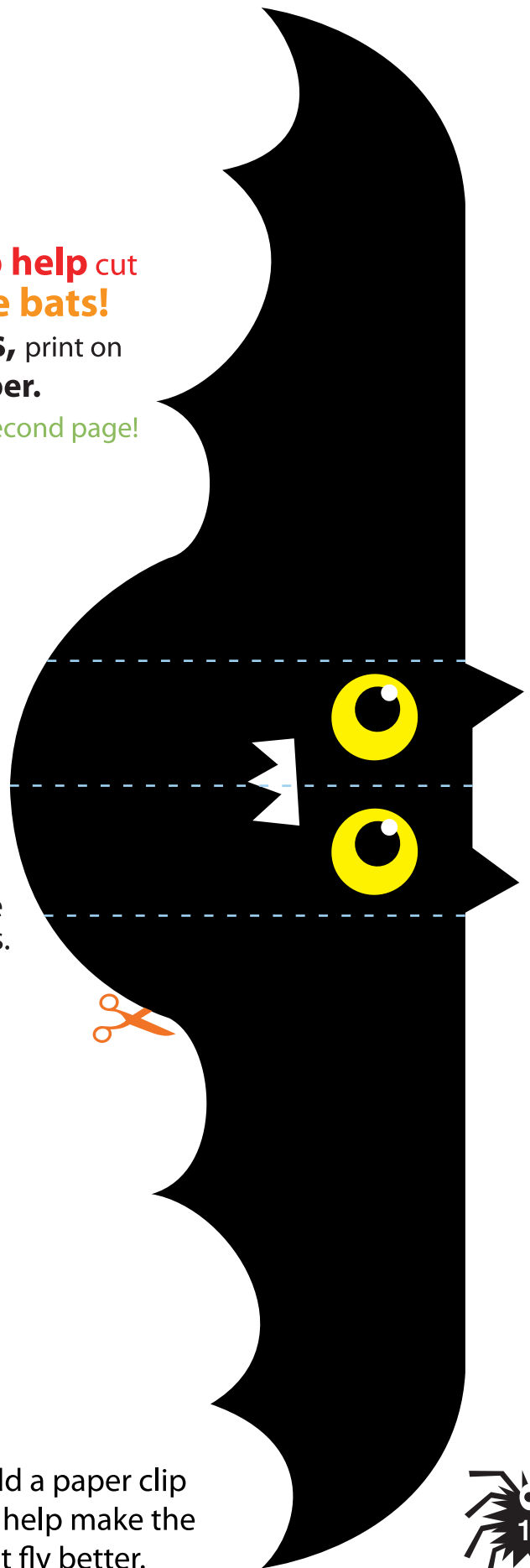


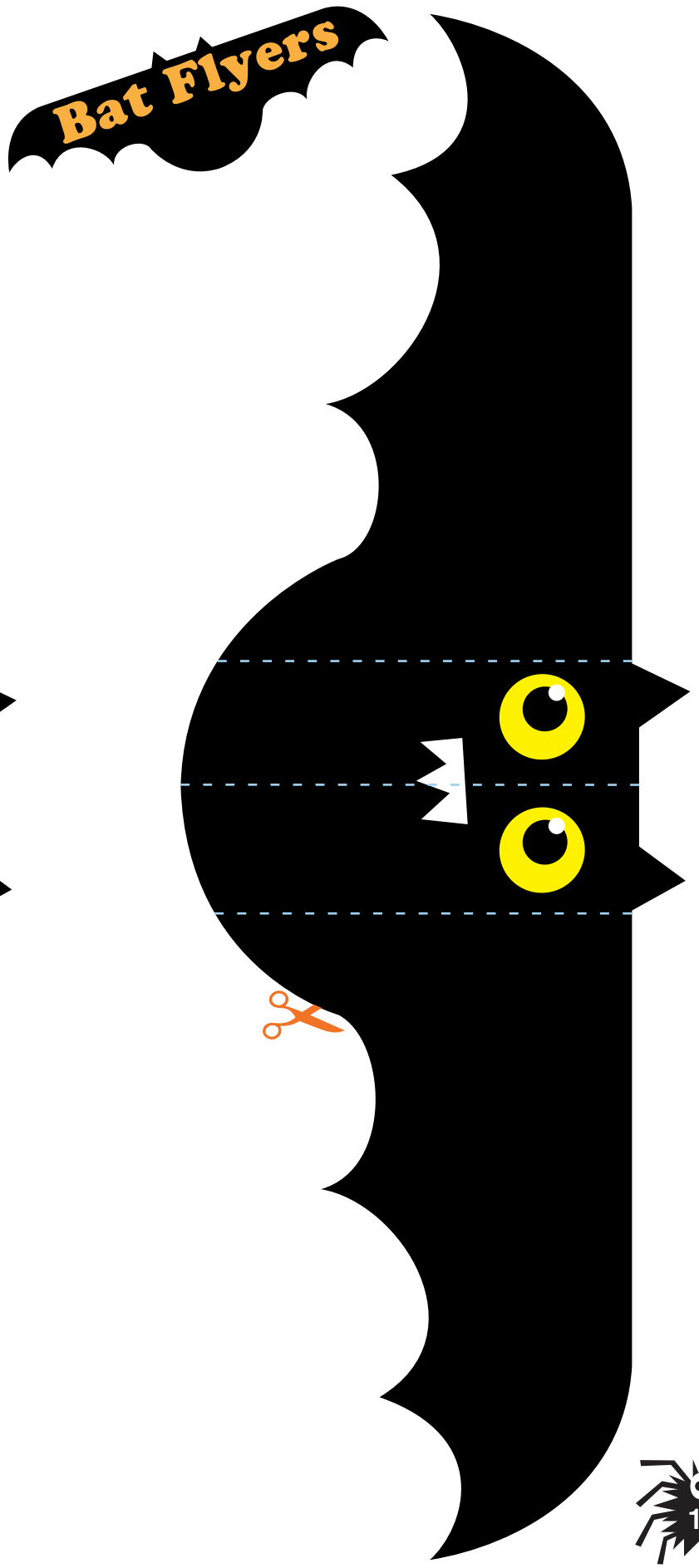
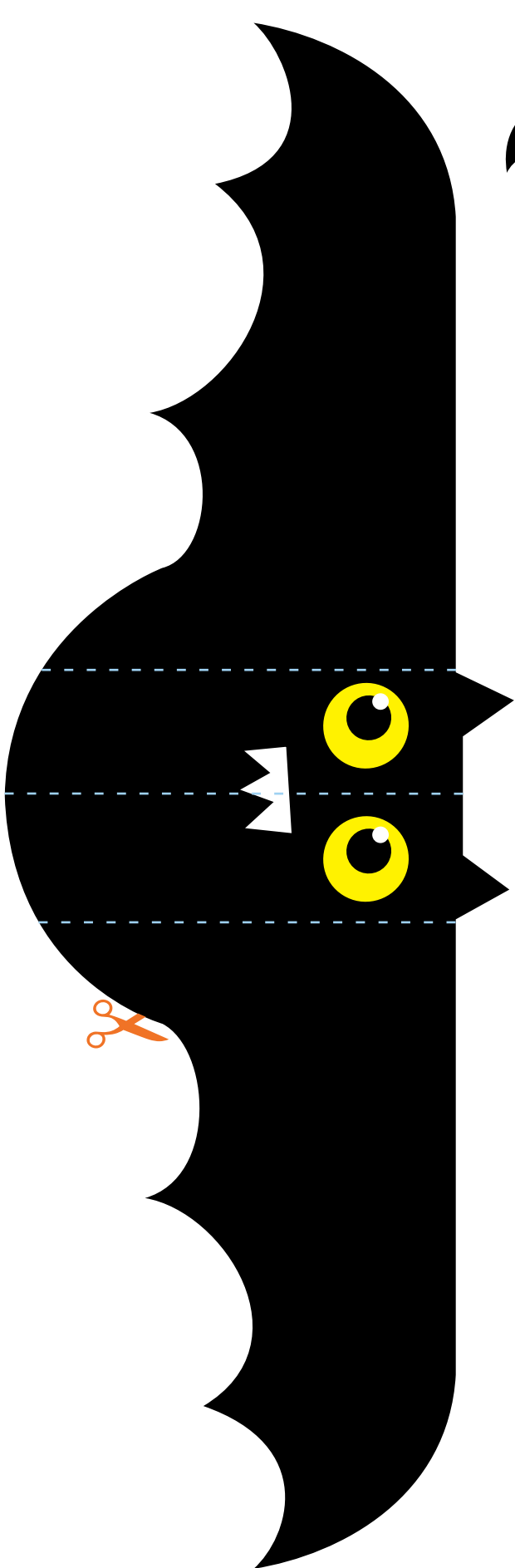
3. Push the wings up.



4. Add a paper clip to help make the bat fly better.

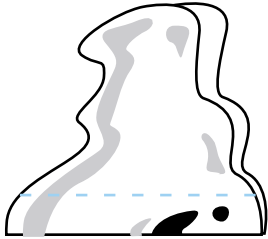
Fold on the dotted lines.



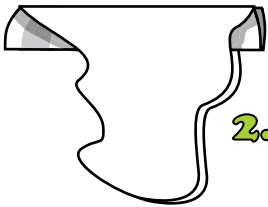




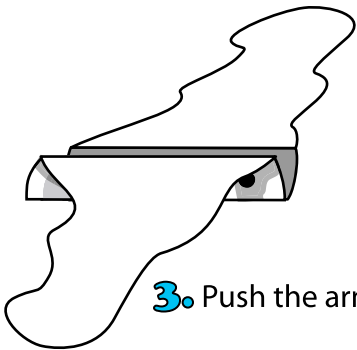
Have a **grown-up help** cut out **and** fold **the ghosts!**
More ghosts on the second page!



1. Fold the ghost in half, printed side out.

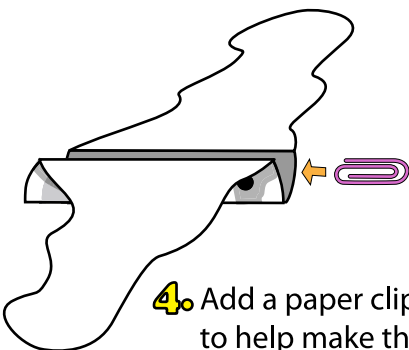


2. Fold the arms down.

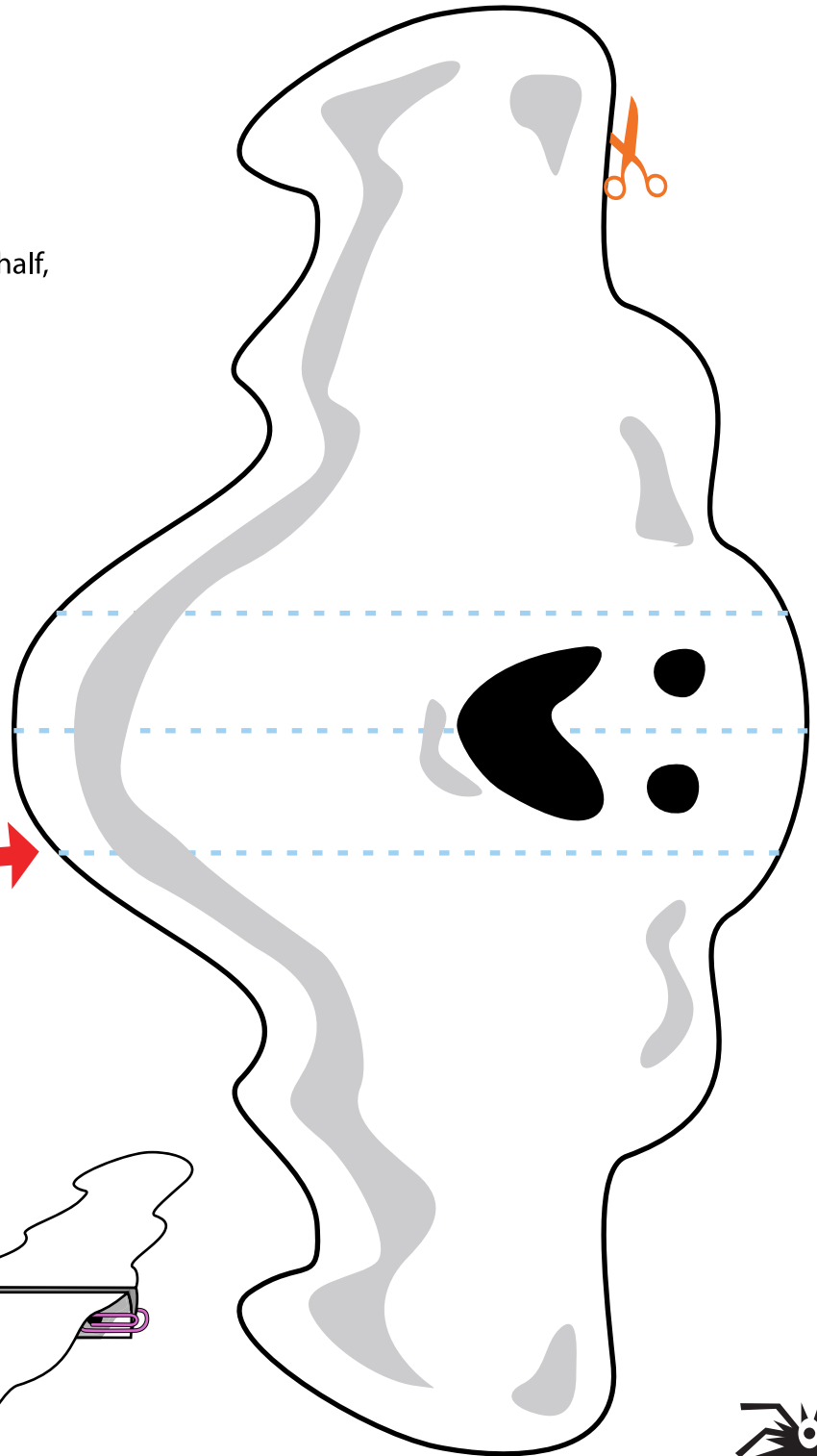
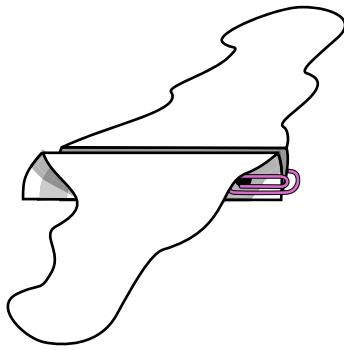


3. Push the arms up.

Fold on the dotted lines. →

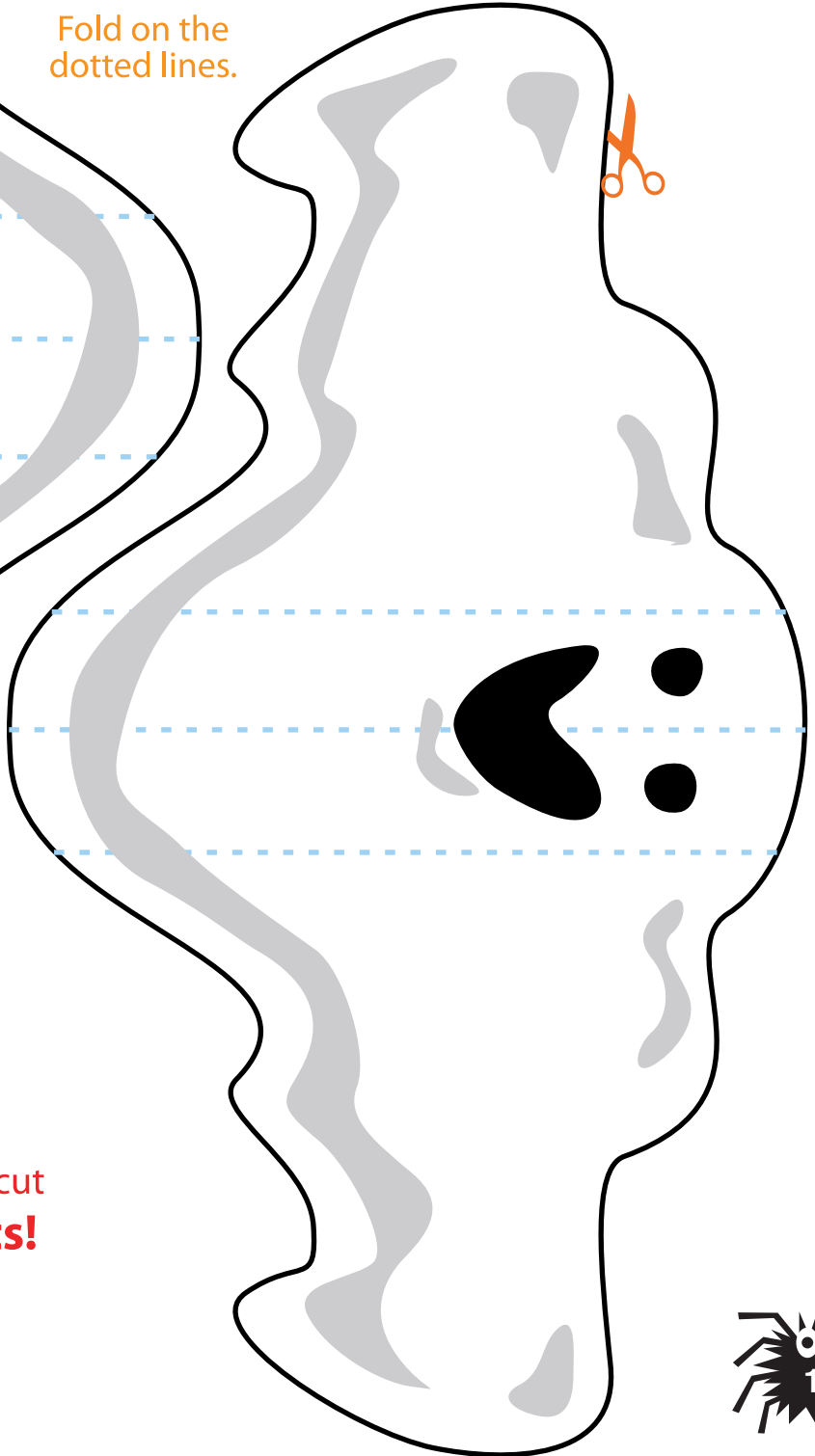
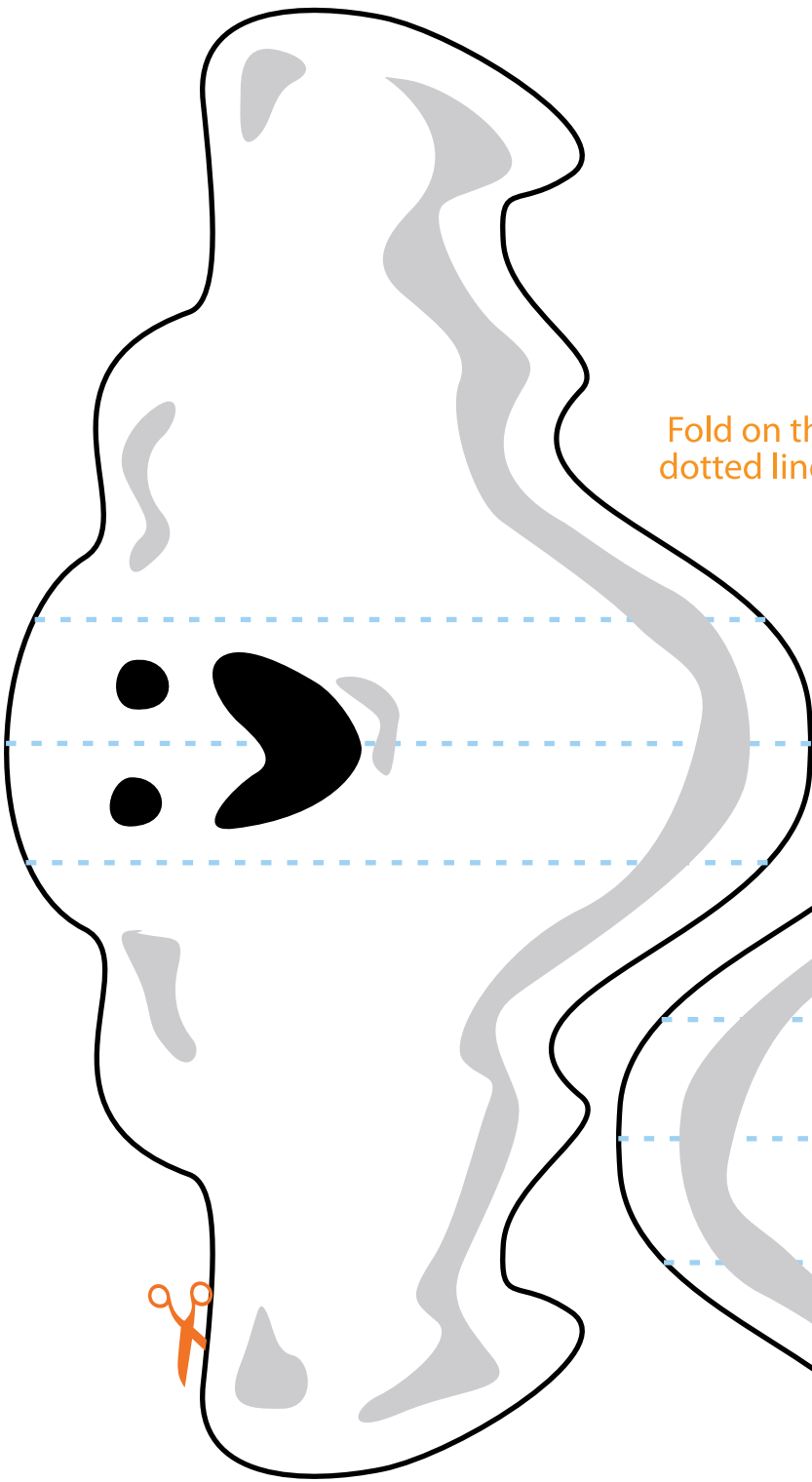


4. Add a paper clip to help make the ghost fly better.





Fold on the dotted lines.



Have a **grown-up help** cut out **and** fold **the ghosts!**



Spooky Writing Prompts

Imagine you're a ghost hunter. Where would you go to scare up specters or find out about the best paranormal sightings?

A series of horizontal lines for writing, consisting of a solid top line, a dashed middle line, and a solid bottom line. There are 15 sets of these lines, providing space for the student to write their response to the writing prompt.



Spooky Writing Prompts

If a zombie could be repelled by playing certain music, what music would that be? Remember to support your hypothesis with reasons. Be creative!

Handwriting practice lines consisting of multiple sets of solid top and bottom lines with a dashed middle line.



Spooky Writing Prompts

If you were a ghost for a day what would you do in 24 hours? Where would you go? How would you behave as a ghost; would you be scary, nice or something else? Use your imagination!

Handwriting practice area consisting of multiple sets of three horizontal lines (top, middle dashed, bottom) for writing.



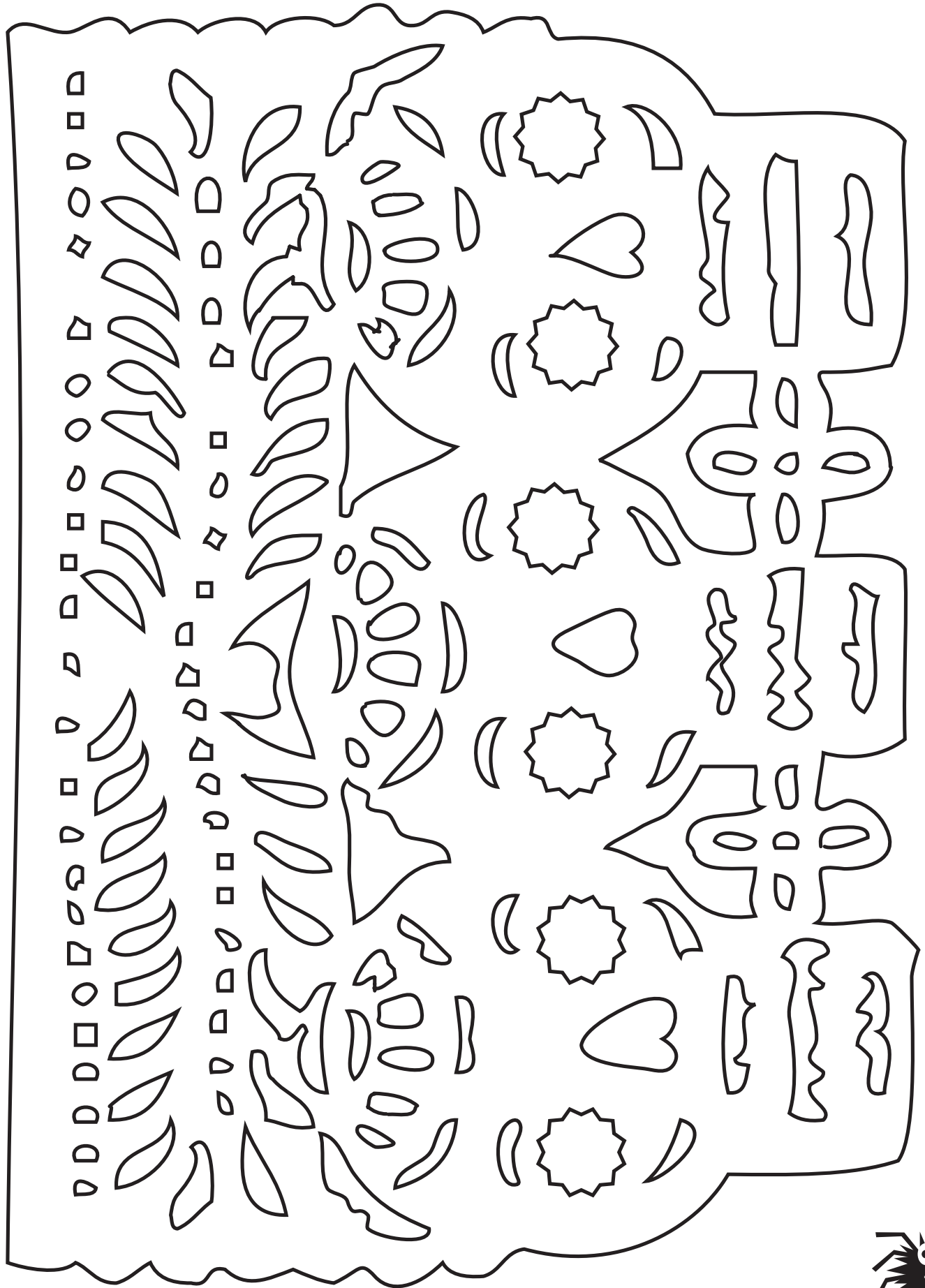
Spooky Writing Prompts

Write for 10 minutes trying to use as many of these words as possible. Don't overthink it, just write!

zombie, rot, run, hide, flesh, blood, howl, laugh, hiccup, odor, black

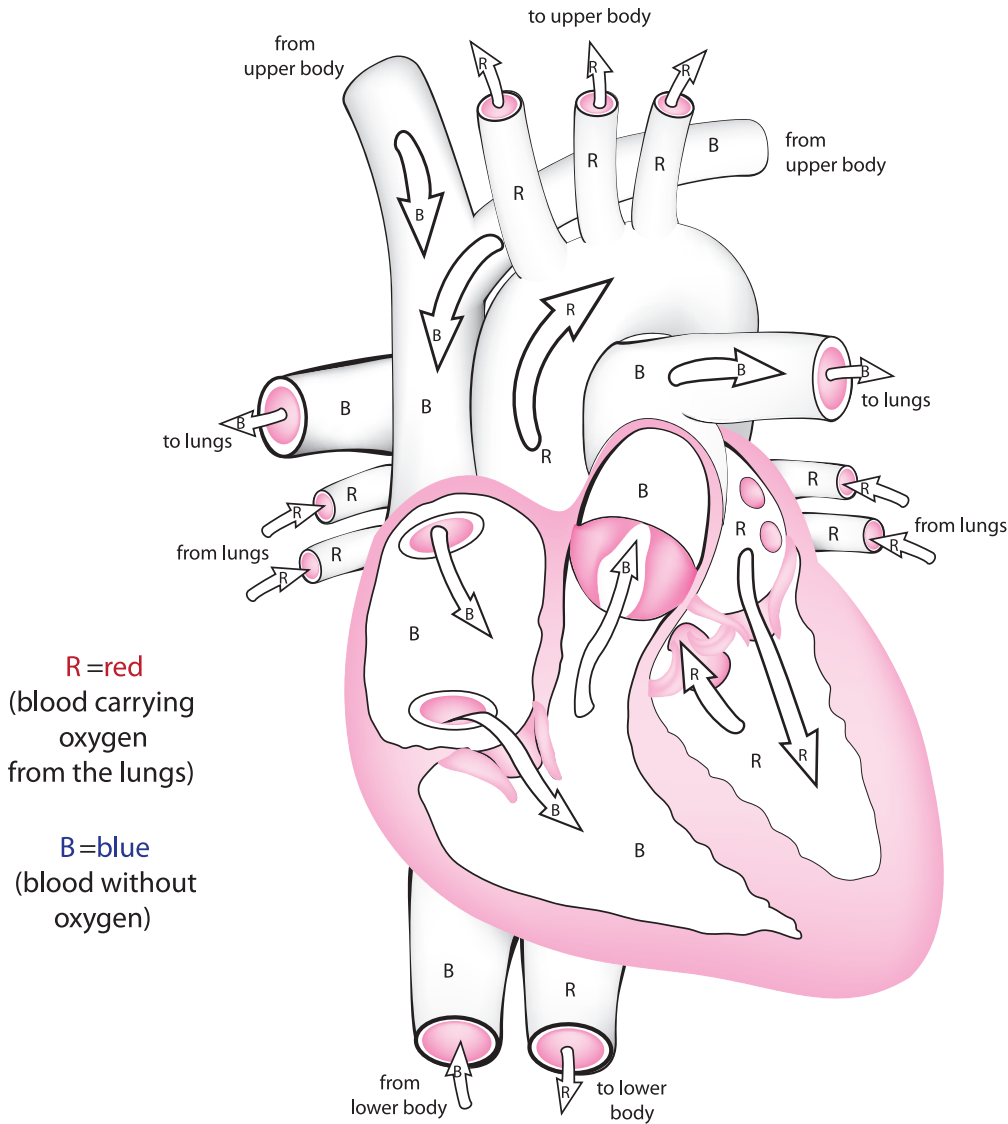
Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle dashed, bottom) for writing.

DAY OF THE DEAD:PAPEL PICADO:Color and cut out along the black lines to decorate for Day of the Dead



How does blood flow through the heart?

Directions: Check out the diagram below that shows how blood circulates around the heart. Color in the veins and arteries the correct color to give yourself a better idea of what happens when your heart pumps blood.



Extra Activity: Put your pointer finger and middle finger on the vein on the right side of your neck, right under your jaw bone. Find your pulse. Set a stop watch for 1 minute, and count how many times your heart beats. Write that number down. _____

Now, run in place for one minute. When you are done, find your pulse, set the stop watch for 1 minute, and count how many times your heart beats now. Write that number down. _____

Was there a difference between the two times? _____

Why? _____



Doctor: _____

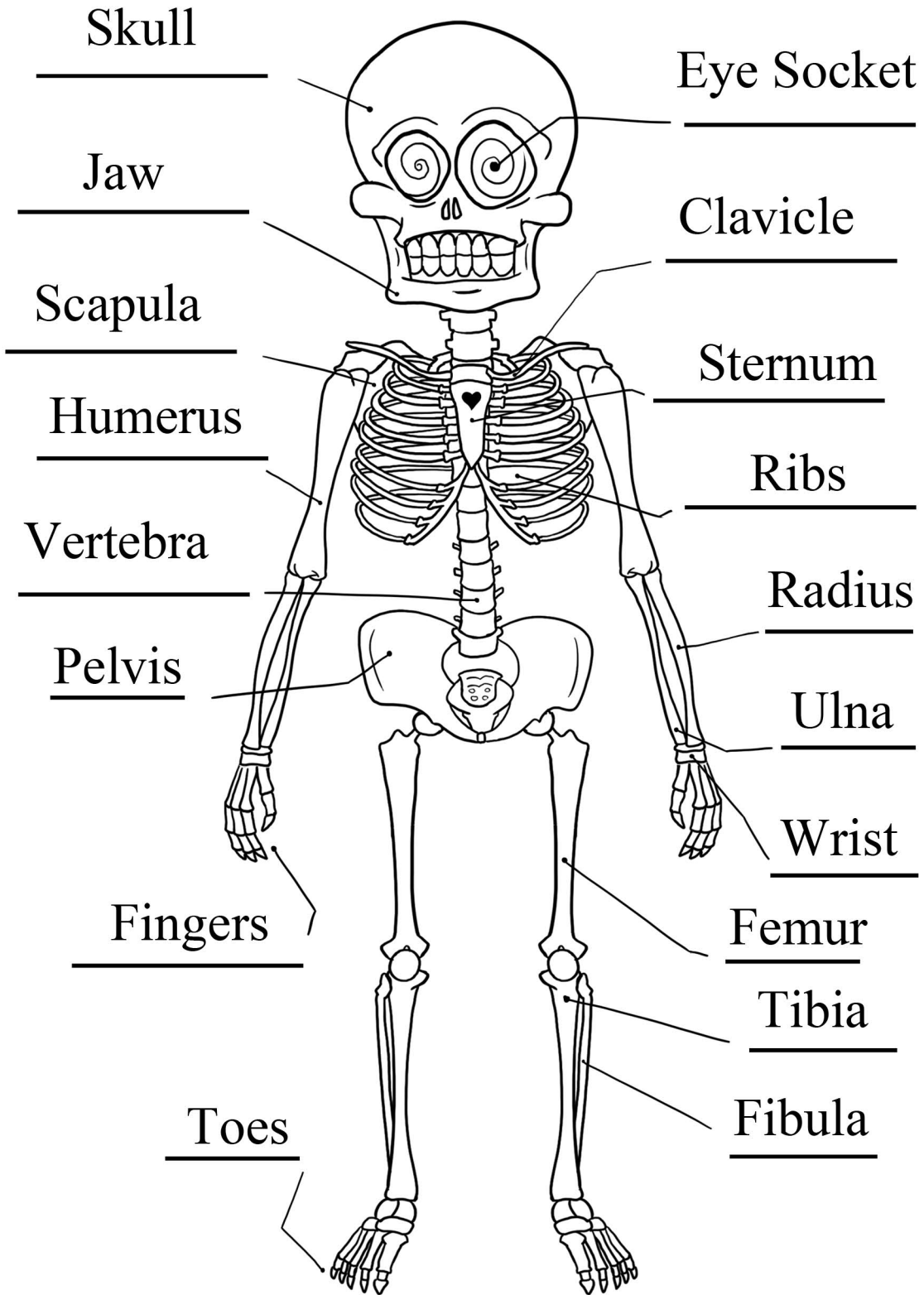
Skeletal System

load... skeletal system

Word Bank

Fibula	Vertebra	Wrist	Skull	
Ribs	Humerus	Tibia	Radius	Fingers
Clavicle	Jaw	Eye Socket	Scapula	Femur
Toes	Ulna	Pelvis	Sternum	

Answer Sheet





For Families

Halloween Activities

A lot of history and sugar go around on Halloween, but here are some ideas on how your family can bypass the candy crash and spend time together.









Make Monster Blood

By Jody AMABLE

This corn syrup-based blood recipe has been a staple on horror movie sets for decades. It's good and gross -- and totally edible! If you've got any vampires, zombies or monsters in your house this Halloween, skip the store and cook up a batch of corn syrup blood for full spooky effect.

WHAT YOU NEED:

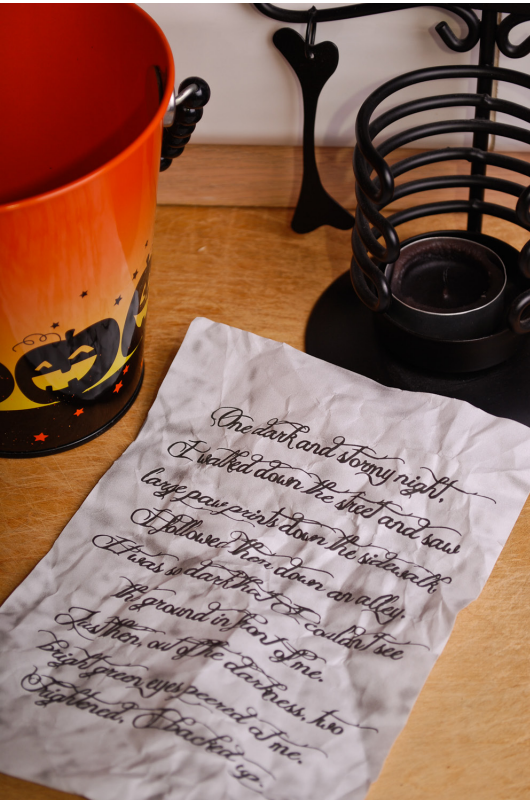
-  1 cup corn syrup
-  1 tablespoon water
-  2 tablespoons of red food coloring
-  A few drops of green food coloring
-  A few drops of blue food coloring
-  Old T-shirt

WHAT YOU DO:

1. First, prepare your work area: though it's non-toxic and kid-safe, this recipe can stain clothes and may leave faint stains on skin. Put down some newspaper and cover your kid in an old t-shirt to protect clothes and any skin you want to keep clean.
2. Slowly pour the corn syrup into a medium-sized mixing bowl. Careful – corn syrup can be super-sticky. Keep some hot water and paper towels nearby to clean any excess off hands.
3. Add the water and stir with a large spoon. The mix will be thick, so take your time!
4. Add the food coloring to the mixture. You may want to add a little more or a little less to the mixture to get the color you're looking for.
5. You've just made a classic monster-movie blood base! Try dipping a cotton swab in it and drawing scary details onto your face and arms to add some frightening finishing touches to your costume.

There are several other ingredients you can add to your blood to change the "look" of it – try plopping in some peanut butter, molasses, coffee creamer, chocolate syrup or cocoa mix to experiment with texture and color. See how each ingredient changes the level of "Ew, gross!"





Spooky Story-Go-Round

By Sally Ann STANLEY

By exploring writing techniques, like foreshadowing, and descriptive vocabulary your child is expanding his writing arsenal. Here's a fun at-home activity that will help your child exercise his creativity and strengthen his analytical skills.

WHAT YOU NEED:

- ▶ Index cards in two different colors
- ▶ Pencils or pens
- ▶ Thirty-second timer
- ▶ 2 or more story creators (this could be you and your child, or a few kids together)
- ▶ A little spooky imagination
- ▶ Video camera (optional)

WHAT YOU DO:

1. Explain to your child the purpose and meaning of descriptive vocabulary and foreshadowing. Here's a cheat sheet:

- ▶ Foreshadowing: when an author hints at something that will happen later on in the story.
- ▶ Descriptive language: is all about the use of rich adjectives and using the senses:
 - sight: including colors, sizes and shapes, such as round, green, large
 - sound: including types and volume, such as quiet, grating, and banging
 - smell: including scents and strengths, such as flowery, foul, strong
 - taste: including flavors and strengths, such as tart, spicy, weak
 - touch: including textures and temperatures, such as silky, damp, hot

2. Using some of that juicy figurative language, have your child brainstorm 10 different sights, sounds, smells and objects that we associate with Halloween. Encourage your child to use specific, concrete words and plenty of adjectives. Have him write each image on one index card color. Some examples might be: "goeey eyeballs," or "flowing, groaning ghost," or even "cheerful candlelit pumpkin head."

3. Now have your child brainstorm ten creepy names that a person or animal might have, and write each name on cards of a different color.



4. Now it's time for some story starters to get those creative juices flowing. You can write your own, or try our choices, such as:

- ▶ "One dark, stormy night, I walked down the street and I saw....."
- ▶ "One Halloween I night I was trick-or-treating with my brother. We knocked on Old Mr. Payne's door and..."
- ▶ "I was riding my skateboard home from school when I took a short cut through the cemetery."
- ▶ "Just as the moon was coming up, I went around the dark corner by the school. There in the shadows I saw..."
- ▶ In the daytime, Mrs. Scratch's basement didn't look like anything much. But that night, something happened..."

5. Place your two piles of spooky index cards--one of images, one of character names--face down in the middle of a table, or somewhere else that everyone can easily reach.

6. Story time! Try turning the lights low, and maybe putting flashlights or candles around. And record the session if you want to remember the story later.

Game Play:

Pick someone to start the story, and have them choose a setting.

As the story starter you pick one character or one object from the pile--you choose--and start the storytelling. As a first person narrator, you will start a story in which each person "runs into" the characters and objects written on the index cards. You might say, for example, "One dark, stormy night, I walked down the street and I saw Mrs. Dowd. At first she looked perfectly ordinary, just as usual when she's the librarian at school. But then, she smiled at me, and pointed, and I saw that something incredibly weird had happened to her face. It was still Mrs. Dowd... but she was not the lady I knew from Library Time!" Give yourself thirty seconds (or, if you've got big talkers, give yourselves up to two minutes), and then pass the story line along to the next player. What's next? Have the next player pull a card and use it to keep the story going.

This game can go on and on, usually it just gets more and more hilarious and wild. Especially once you've gotten some practice, kids love to videotape themselves and watch later. But even if you just play this game spontaneously, it's a great tool for young adult fiction writing. At this age, kids need to identify, and use, important tools like setting, character, and description. There is no better way to start building storytelling comfort than to mess around with people you like, and see what words can do when you put them together creatively. And hey, it's fabulous, sugarless, Halloween fun!

