

All About Apples!

- Objective: Students will learn about apples, practice their fine motor skills, make a graph, create an art project and much more!
- Materials:
 - Each apple activity will require different materials. See below.
- Directions:
 - Decide which apple activities would be best for your class!

Apple Activity 1 – Healthy Bodies!

- Materials:
 - Exercising apple worksheet (one per student)

Tell the children that fruits and exercise are important to healthy bodies. Explain that apples are fruits and are included in healthy diets. Present each child with a coloring page of an exercising apple character. See below.

Apple Activity 2 – Apple Graphing

- Materials:
 - Apple themed book
 - 1-2 red apples
 - 1-2 green apples

Share a book about apples during story time. Try [Ten Apples on Top](#) by Dr. Seuss. Let your preschoolers taste red apples and green apples. Ask the children which apple they preferred and graph the results.

Apple Activity 3 – Fine Motor Skills

- Materials
 - Apple shapes cut from poster board or construction paper
 - Hole punch
 - Yarn or shoe laces
 - Pipe cleaners

Cut out several apple shapes from poster board and laminate the shapes. Punch holes around the edges of each apple. Provide brightly-colored yarn (you may want to tape the ends of the yarn so they can easily put the yarn in the hole) or shoe laces and tell the children to string the yarn through the holes.

A variation of this activity is cutting out apple shapes from red, yellow and green construction paper. Set out hole punchers with the paper apples and tell the children to make holes where worms have been eating the apples. Let the children insert a pipe cleaner "worm" into a hole in the apple

Apple Activity 4 - Counting

- Materials
 - Felt board
 - Felt apple tree and apples
 - Felt numbers

Talk about the foods made with apples. Ask the children to name a food made from apples. Write each food that is named on a white board or chalkboard. Let the children count the foods.

Use a felt apple tree to present another counting activity. Make three trees and an assortment of apples from felt. Place a number under each tree and ask the children to put the number of apples on the tree to match the number

Apple Activity 5 – Apple Tree Art

- Materials
 - Finger paints (brown, green and red) or washable paints
 - Paper

For a food-related art project, try finger-painting apple trees. Have your child use the side of his hand to make the trunk, dab his index finger to make green leaves, and dab his pinky to make red apples.

Or, use an apple cut cross-wise to show the “star” in the middle as stamps.

