

PUMPKIN POSSIBILITIES

FALL LESSON #6


Special Day Halloween


Opportunities For Learning Children will make jack-o-lanterns, pumpkin faces, and toasted pumpkin seeds.



Things To Do Before The Lesson • Visit a nearby farm and bring pumpkins back. • Soak the pumpkin seeds overnight for Toasted Pumpkin Seeds.

MAKE JACK-O-LANTERNS

 **Things You'll Need** • pumpkins • marker • knife • scoop • paper towels

 **Things You'll Do** • Have children draw faces on a few pumpkins to serve as jack-o-lanterns. • The provider cuts them. • The children scoop out the seeds and strings from the pumpkin.


PUMPKIN ART


Give each child two large pumpkin shaped cutouts from orange construction paper. Let them glue orange yarn (represents the pulp) and pumpkin seeds on one of the pumpkins. Then let them attach the other pumpkin on top with a brad. Label with the title, "What's inside?"

THUMBPRINT PUMPKINS

Give each child a sheet of white or yellow construction paper. Pour small amounts of orange paint into shallow containers. Have the kids dip their thumb into the paints & press them all over the paper. When the paint has dried, help the children turn their thumbprints into pumpkins by adding stems, leaves & vines with a green marker.

MAKE PUMPKIN VEGETABLE FACES

 **Things You'll Need** • pumpkins • hats • tape or glue • crepe paper • straw • yarn • leaves • vegetables or fruits such as carrots, radishes, cucumbers, small gourds, and raisins.

 **Things You'll Do** • Using tape, glue, or toothpicks, stick on vegetables for mouth, eyes, ears, and nose instead of carving them on the pumpkins. • Add straw, yarn, leaves, or strips of crepe paper for hair; top with a hat.

MAKE TOASTED PUMPKIN SEEDS



Things You'll Need • Saucepan • bowl • spoon • baking sheet • paper towels

INGREDIENTS

pumpkin seeds
salt
water
vegetable oil
(1/4 cup per pumpkin)



Things You'll Do • Soak pumpkin seeds overnight. • Wash seeds. • Steam in covered pot for 30 minutes. • Drain. • Pat dry with paper towel and put in bowl. • Pour 1/4 cup of oil over seeds. • Stir to coat. • Spread seeds on baking sheet. • Toast in slow (300 °F) oven, stirring often, until seeds are dry and crisp (30-45 minutes). • Add small amount of salt to taste.

CACFP credit: Pumpkin seeds may be used as a meat alternate: a 1/2 oz. (about 3 tablespoons) provides a snack size serving for 3-5 year olds. • Do not serve pumpkin seeds to children under 3 years because of the choking hazard!



BOOKS TO READ

The Berenstain Bears and the Spooky Old Tree
by Stan and Jan Berenstain
Picking Apples and Pumpkins

by Amy Hutchings
It's Pumpkin Time
by Zoe Hall



GET MOVIN'!

Pumpkin Hunt

Ask some avid tennis players to save (flat) orange tennis balls for you. Use a permanent black marker to draw Jack O' Lantern faces on some of the balls. Hide the balls in the play yard. As the children find them, they sort them into one of two bushel baskets - one for plain pumpkins & one for Jack O' Lanterns.

Nature Walk

Take children on a nature walk to discover the beautiful fall leaves, observe the sky, changes in the grass and flowers, geese flying overhead.



SONGS TO SING

Pumpkin on the Ground

(tune: "Twinkle, Twinkle, Little Star")

Pumpkin, pumpkin on the ground,
How'd you get so big and round?
You started as a seed so small,
Now you are a great round ball.
Pumpkin, pumpkin on the ground,
How'd you get so big and round?