

## Pumpkin Activities

**Sensory Exploration:** Children can learn how to share, communicate, and participate in exploratory play with others. **Language development:** **Sensory bins** may be filled with a variety of items to increase language **development.** The **bins** can provide opportunities to discuss hidden objects

<https://www.lumierechild.com/lumiere-childrens-therapy/2018/02/19/occupational-therapy-sensory-bins>

- **Fall Sensory Bins:**
  - **Pumpkin Guts:** Place all the pumpkin guts in a container. Your child will enjoy squishing, moving, and playing with the pumpkin parts. Note: Place the container on a large towel or blanket that can be easily washed.
  - **Pumpkin Bath Sensory Play:** Provide your child with a bin of water, a washcloth, and a drying towel. Your child will enjoy using their hands and a washcloth to wash each real pumpkin in their bin of water. Then, have your child use the drying towel to dry their pumpkins. Repeat as many times as your child would like!
  - **Gross Motor Activities:** Gross motor skills involve the larger muscles in the arms, legs and torso. Gross motor activities include walking, running, throwing, lifting, kicking, etc. These skills also relate to body awareness, reaction speed, balance and strength.
    - **Pumpkin Bowling:** Place several cups inside a chalk circle. Roll a pumpkin to try to knock the cups outside of the circle. Keep rolling until all the cups are hit outside the circle.
    - **Pumpkin Hide and Seek:** Hide real mini pumpkins or pictures of pumpkins around an inside room or in your yard. Make sure your child closes their eyes while you hide the pumpkins so they can't see. Once the pumpkins are all hidden, have your child find the pumpkins.
- **Fine Motor Activities:** Incorporating fun activities into your child's daily routine can help improve their fine motor skills. The ability to learn and practice fine motor skills at an early age can benefit them academically, socially, and personally.
  - Place orange paint on a paper plate. Give your child a pumpkin coloring sheet. Use a q-tip to dot paint inside the pumpkin picture.
  - **Real Pumpkin Decorating** – Decorate a pumpkin using markers, glitter, and any other art supplies you have on hand that you would like to use.



- **Songs:**

- **Five Little Pumpkins**

<https://www.youtube.com/watch?v=trDI36m9pgA>

One little pumpkin smiling, smiling. *(Hold up one finger and then make a smiley face!)*

One little pumpkin smiling, smiling.

One little pumpkin smiling, smiling.

One little pumpkin is happy. *(Smile and put your fingers on your cheeks.)*

Two little pumpkins pouting, pouting. *(Hold up two fingers and then frown and look down.)*

Two little pumpkins pouting, pouting.

Two little pumpkins pouting, pouting.

Two little pumpkins are grumpy. *(Cross your arms and frown)*

Three little pumpkins yawning, yawning. *(Hold up three fingers and then cover your mouth with your hand as you yawn.)*

Three little pumpkins yawning, yawning.

Three little pumpkins yawning, yawning.

Three little pumpkins are sleepy. *(Stretch and yawn like you are falling asleep.)*

Four little pumpkins crying, crying. *(Hold up four fingers and then pretend to wipe a tear from your eye.)*

Four little pumpkins crying, crying.

Four little pumpkins crying, crying.

Four little pumpkins are sad. *(Wipe tears from both eyes with both hands.)*

Five little pumpkins laughing, laughing. *(Hold up five fingers and then hold your tummy as you pretend to laugh.)*

Five little pumpkins laughing, laughing.

Five little pumpkins laughing, laughing.

Five little pumpkins are playing. *(Run around the room)*

**The Pumpkin's Big and Round** *(to a The Farmer In the Dell)*

The pumpkin's big and round.

The pumpkin's big and round.

With a mouth, a nose, and two big eyes,

The pumpkin's big and round.



Holly Ridge Center

Education Department  
At Home Learning