

Pumpkin Circle - Whole Child Adaptation



Question of the Day: Which parts of a pumpkin can you eat?

Theme: Pumpkins and their seeds are healthy to eat.

Social-Emotional



- **Foster Teamwork:** Learn and sing “Ring Around the Pumpkin” to the tune of “Ring Around the Rosie”.
- **See** www.cowpprogram.com for song lyrics to “Ring Around the Pumpkin”.
- **Eat Together:** To encourage peer relationships, eat the pumpkin snack family-style.

Cognitive



- **Science:** Talk about the life cycle of a pumpkin. Show pictures of the seed, sprout, vine, and flower. Mix up the pictures and have the children put them back in order.
- **Math:** Count the number of pumpkin seeds in a small pumpkin.
- **Art:** Using paint, make pumpkins using thumbprints or knuckle imprints. Title the art *My Thumbkin Patch*.

Language & Literacy



- **Read *Pumpkin Circle*:** This book about the life cycle of a pumpkin shows detailed, beautiful photos.
- **Develop Language:** Discuss with children what they already know about pumpkins. Where have you seen pumpkins? What do pumpkins look like (colors, shapes and sizes)? What’s inside the pumpkin? Who has eaten pumpkin?

Physical Activity



- **Practice Throwing Skills:** Use the small foam pumpkins provided by COWP to practice throwing skills. Having a target can help children direct their throw. Make sure targets are large and children are instructed to throw hard and far, so they go through the full range of motion to develop the mature throwing pattern. You can find strategies to develop throwing skills on p. 132-142 in your *Encouraging Physical Activity in Preschoolers* book.
- **Use Your *Happy and Healthy COWP CD*:** Play song #13, “Ring Around the Rosies”, and move along with the guided music.

For additional activities, songs & information, visit cowpprogram.com

Pumpkin Circle - Lesson Process

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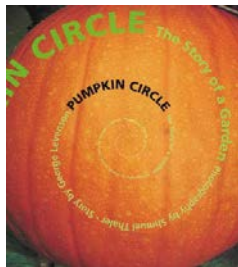
Materials and Ingredients:

- Book *Pumpkin Circle* by George Levenson
- 1 Can (16 oz.) pure pumpkin
- 1 Container (32 oz.) vanilla low-fat yogurt
- 1 Sleeve graham crackers
- Plastic spoons, serving bowls, plastic cups



Preparation:

- Everyone wash hands with soap and water.
- Open can of pumpkin.
- Place the pumpkin and yogurt in serving bowls.
- Have bowl of pumpkin, graham crackers, yogurt, plastic cups, and spoons ready so children can serve themselves the snack family style.



Introduce Lesson to Children:

- Read *Pumpkin Circle* to learn about pumpkins and recognize that they are healthy to eat.
- Ask: *Which parts of a pumpkin can you eat?*
- Next, tell children they will be making a pumpkin snack.



Lesson Process:

- Have children wash their hands.
- Instruct children to mix the pumpkin and yogurt in their plastic cups.
- Use the graham crackers for dipping or crumble the graham crackers on top.
- Let's Eat, Let's Talk! While children are eating, ask them various questions related to what they remember or have learned from the book.



Family Letters:

- Send the family letters home to let parents know about the fun activity shared in class!