

Pumpkin Circle

Question of the Day

What parts of a pumpkin can you eat?

“Pumpkin Treat” Materials

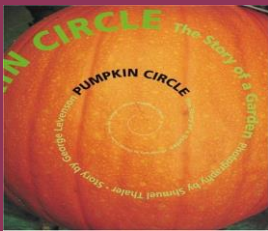
32 oz Low-fat vanilla yogurt
16 oz Can pumpkin
1 Sleeve graham crackers

Can opener (adult use only)
Serving containers
Plastic cups
Plastic spoons



Food Preparation

- Open pumpkin and yogurt and pour each into serving bowls.
- Open graham crackers, separate them, and place in serving bowl.



Lesson Process

- Read the book *Pumpkin Circle* with the children.
- Have all children and adults wash their hands (scrub for at least 20 seconds).
- Introduce children to the food that will be used for today's lesson.
- Have the children independently scoop their pumpkin and yogurt into their cups and mix together.
- Children can use the graham crackers for dipping or crumbling on top.
- TSGOLD: 1c, 7a, 8b, 11a, 17a, 18a, 37, 38

Extension Activity: Art

- Bend the openings of cardboard tubes to be pumpkin shaped.
- Put out paper, shallow pots with paints, and let children use the cardboard tubes to create stamped pumpkins.
- Children may add details like stems and leaves.
- <https://www.craftymorning.com/toilet-paper-roll-pumpkin-stamp-craft-kids/>
- TSGOLD: 1b, 1c, 2c, 4, 7a, 8a, 8b, 35, 37

Extension Activity: Science “Life cycle of a pumpkin”

- Using pictures, engage children in an activity that explains the life cycle of a pumpkin.
- How do pumpkins start growing? Answer: First, they have to be planted as a seed in the ground!
- What does the seed need to grow? Answer: Sunlight, air and water.
- What comes from the seed? Answer: A sprout, a vine, a beautiful flower which then becomes a tiny, pale green pumpkin which then grows larger and turns orange, white, tan, dark green, yellow, or red!
- Guide children to draw the life cycle of a pumpkin on their own papers.
- TSGOLD: 7a, 9a, 10a, 10b, 11a, 11c, 11d, 12b, 25, 37, 38

School to Home

- Please send home the family letters to let parents know about the fun activities shared in their child's classroom!

Physical Activity

Pumpkin Throwing

- Set up targets outside around the playground or open space area.
- Using small foam pumpkins, model for children how to throw overhand while pointing at one of the targets. Explain to children that, our ears have to hear as the pumpkin goes by!
- Set up big and small targets, close and far away to give children many different target options.
- TSGOLD: 5, 6, 7a, 8a, 8b, 11a, 11b

Music and Movement

- Have children make a circle by holding hands with their friends.
- Explain to children that they will hold hands and follow the directions the song gives.
- Reminding them to be gentle with their peers while holding hands and to listen to the directions to ensure everyone can play safely.
- Play song # 13, *Ring Around the Rosies* on the COWP Happy and Healthy CD and join the children in the fun!
- TSGOLD: 1b, 1c, 2c, 4, 7a, 8a, 8b, 35, 37

Workplace Wellness

Did you know?

Humans spend around 1/3 of their life sleeping! Getting enough sleep is essential for our bodies to function properly and just as important for the body as a healthy diet and exercising. The current sleep recommendations are listed below. Are you and your family getting enough sleep?

Newborns (0-3 months): 14-17 hours; Infants (4-11 months): 12-15 hours; Toddlers (1-2 years): 11-14 hours; Preschoolers (3-5): 10-13 hours; School age children (6-13): 9-11 hours; Teenagers (14-17): 8-10 hours; Younger adults (18-64): 7-9 hours; Older adults (65+): 7-8 hours. <https://www.sleepfoundation.org/>

Try Something New

Try recording the number of hours of sleep you get each night for one week. Record your mood that day following your night of sleep and factors that may have contributed to a change in your sleep (skipped workout, removed devices from bedroom, ate a late dinner, set a bedtime routine, etc.) At the end of the week look at your tracker and think of some ways going forward you can make sure you are getting your recommended amount of sleep per night. Feel free to share your successes or challenges with your co-workers.

Resources

Day	1	2	3	4	5	6	7
# of hours							
Mood							
Factors							

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

Pumpkin Circle Lesson

Learning Objectives/Outcomes

- Children will be able to actively participate and listen to the book.
- Children will be able to identify different parts of a pumpkin.
- Children will be able to identify which parts of a pumpkin they can eat.
- Children will be able to demonstrate various fine-motor and gross-motor skills.

Nutrition Education

Materials

- Can opener (adult use only)
- Serving containers
- Small plastic cups
- Plastic spoons



Recipe Prep

- Open pumpkin and put into a serving container.
- Open yogurt and pour into serving container.
- Open graham crackers, separate, and place into a serving container.

Recipe Process

- Have all children and adults wash their hands (scrub for at least 20 seconds).
- Show children the ingredients that will be used for today's recipe.
- Have the children independently scoop their own yogurt and pumpkin into their own individual cups and mix together.
- Pass around the graham crackers. Children can use crackers to dip into their yogurt/pumpkin mix or crumble them on top.
- Sit and enjoy the recipe with the children!

Extension Questions

- What do you like about this recipe?
- What part of the pumpkin do you think we are eating?
- At home, do you add anything to your yogurt?
- What else do we/can we use pumpkin to make?

TS GOLD Standards

Social-Emotional - 1c, 2c

Physical - 7a

Language - 8c, 8d, 9a, 9b, 10a, 10b

Cognitive - 11a, 11b, 11c, 11e, 12a, 12b,

English Language Acquisition - 37, 38

Physical Activity

Materials

- Small foam pumpkins
- Targets (hula hoops, paper plates, colored paper, baskets, etc.)
- COWP *Happy and Healthy* CD

Activity Process

With Equipment

- Set up targets around the playground or in an open space area.
- Using the small foam pumpkins, model for children how to throw overhand while pointing at one of the targets. Our ears have to hear as the pumpkin goes by!
- Differentiating for children
 - Remove targets to allow the child to just practice throwing in an overhand motion.
 - Set up targets closer to the child.
 - Practice stepping with the opposite foot and then throwing overhand.
 - Have targets in various locations so children can practice throwing harder for farther targets and softer for closer targets.
 - Use larger or smaller balls for throwing.

Without Equipment

- Find song #13 “Ring Around the Rosies” on the COWP *Happy and Healthy* CD or download it from the COWP website (cowpprogram.com).
- Spread children out around the room or outdoor space.
- Explain to children that we are going to listen to the music and follow along while staying in our own circle of fun while moving!
- Start the music and join the children by modeling the different moves and directions!

TS GOLD Standards

Social-Emotional- 2c

Physical- 4, 5, 6

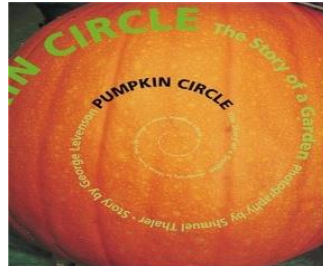
Language- 8a, 8b

Cognitive- 11a

The Arts- 35

Literacy

- Read the book, *Pumpkin Circle* by George Levenson, to the children. Give children time to look at the pictures and comment on what they see.
- While showing children a real pumpkin or picture of a pumpkin, create a list of the different parts: stem, seeds, skin, etc.
- Ask children the nutrition question of the day: What parts of a pumpkin can you eat? Allow time for discussion.
- Ask children additional follow up questions.
 - What colors can pumpkins be besides orange?
 - Where do pumpkins grow?
 - Where have you seen pumpkins?



TS Gold standards

Language- 8c, 9a, 9b, 10a, 10b

Cognitive- 11a, 11b, 11e, 12a, 12b

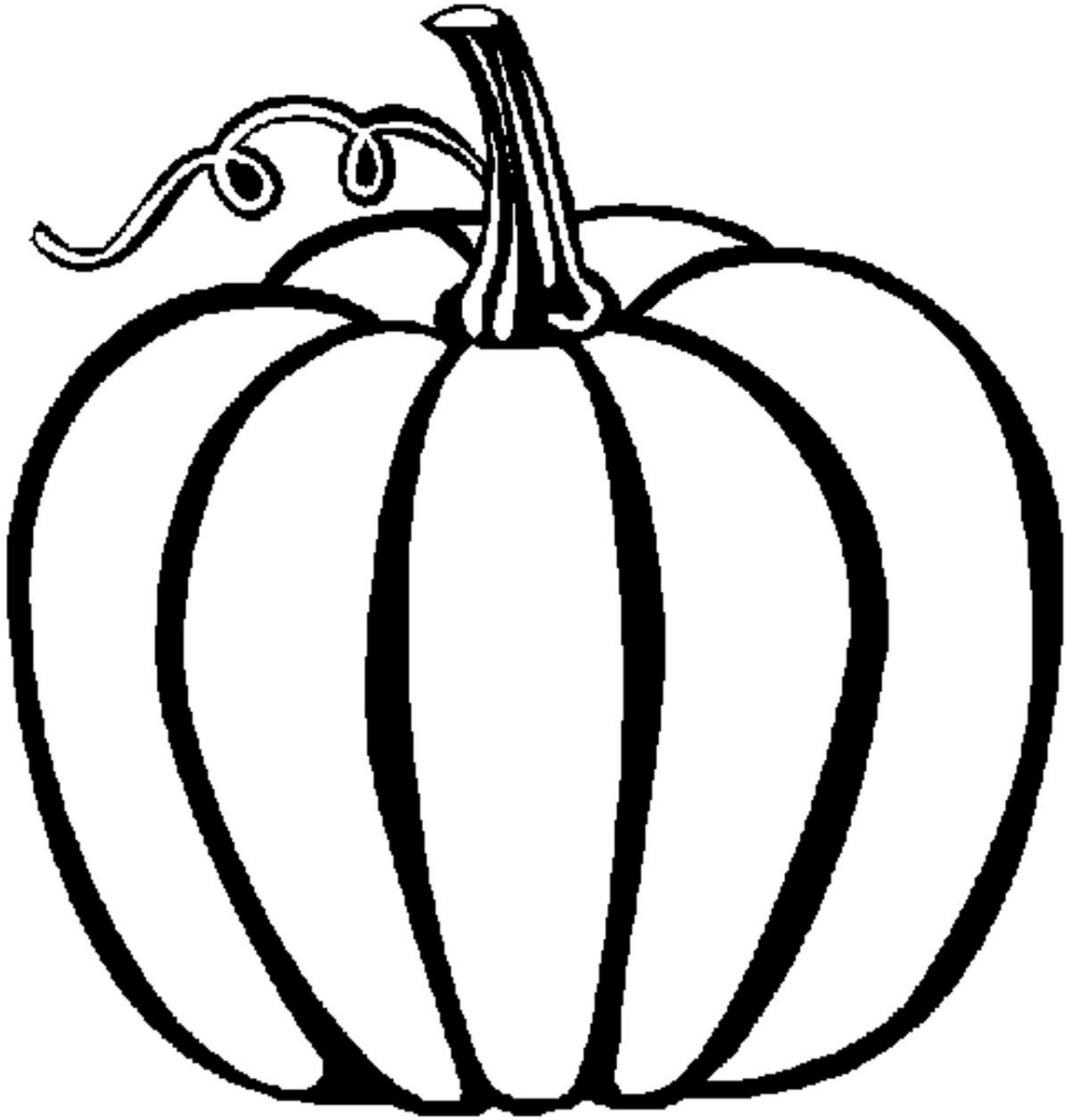
Literacy- 17a, 18a

English Language Acquisition-37, 38

Reminders

- Adjust the activities to best fit your weekly schedule.
- Send family letters home to all families by the end of the delivery week.
- When you have completed the lesson, record it on your classroom COWP log.
- Reach out to your COWP contact with any questions or feedback.

Use this pumpkin to show children the different parts or print out a copy for each child to color and label (with assistance/ printed labels.)



STANDARDS REINFORCED

Photocopy this form and save for your records

Lesson Name: Pumpkin Circle

Date lesson conducted: _____

Lesson conducted by: _____

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- Children will be able to demonstrate various fine-motor and gross-motor skills.

REINFORCING TEACHING STRATEGIES GOLD (TSGOLD) OBJECTIVES FOR DEVELOPMENT AND LEARNING.

Social-Emotional

1. Regulates own emotions and behaviors
 - c. Takes care of own needs appropriately
- 2: Establishes and sustains positive relationships
 - c. Interacts with peers

Physical

4. Demonstrates traveling skills
5. Demonstrates balancing skills
6. Demonstrates gross-motor manipulative skills
7. Demonstrates fine-motor strength and coordination
 - a. Uses fingers and hands

Language

8. Listens to and understands increasingly complex language
 - c. Comprehends language
 - b. Follows directions
9. Uses language to express thoughts and needs
 - a. Uses an expanding expressive vocabulary
 - b. Speaks clearly
 - d. Tells about another time or place
10. Uses appropriate conversational and other communication skills
 - a. Engages in conversations
 - b. Uses social rules of language

Cognitive

11. Demonstrates positive approaches to learning
 - a. Attends and engages
 - b. Persists
 - d. Shows curiosity and motivation
 - e. Shows flexibility and inventiveness in thinking
12. Remembers and connects experiences
 - a. Recognizes and recalls
 - b. Makes connections

Literacy

17. Demonstrates knowledge of print and its uses
 - a. Uses and appreciates books
18. Comprehends and responds to books and other texts
 - a. Interacts during read-alouds and book conversations

The Arts

- 34: Explores musical concepts and expression
- 35: Explores dance and movement concepts

English Language Acquisition

37. Demonstrates progress in listening to and understanding English
38. Demonstrates progress in speaking English

REINFORCING HEAD START / EARLY LEARNING OUTCOMES FRAMEWORK

Domain: Perceptual, Motor, and Physical Development

- Sub-Domain: Fine Motor
- Sub-Domain: Health Safety And Nutrition

Domain: Language and Communication

- Sub-Domain: Attending And Understanding
- Sub-Domain: Communicating And Speaking
- Sub-Domain: Vocabulary

Domain: Literacy

- Sub-Domain: Comprehension And Text Structure

Domain: Approaches to Learning

- Sub-Domain: Emotional And Behavioral Self-Regulation
- Sub-Domain: Cognitive Self-Regulation (Executive Functioning)
- Sub-Domain: Initiative And Curiosity
- Sub-Domain: Creativity

Domain: Social and Emotional Development

- Sub-Domain: Relationships With Adults
- Sub-Domain: Relationships With Other Children
- Sub-Domain: Emotional Functioning
- Sub-Domain: Sense Of Identity And Belonging

REINFORCING COLORADO ACADEMIC STANDARDS

Comprehensive Health

- CH.P.2.1 Distinguish between healthy and unhealthy foods.
- CH.P.2.2 Develop self-management skills and personal hygiene skills to promote healthy habits.
- CH.P.3.1 Children develop healthy relationships and interactions with adults and peers.
- CH.P.4.1 Identify ways to be safe while at play.

Dance

- DA.P.1.1 Demonstrate simple phrases of movement safely in time and space.

Music

- MU.P.1.2 Respond to rhythmic patterns and elements of music using expressive movement.

Physical Activity

- PE.P.1.1 Travel in a variety of directions using basic locomotor skills and demonstrate understanding of personal and general space.
- PE.P.2.1 Recognize the positive feelings experienced during and after physical activity.
- PE.P.3.1 Demonstrate understanding of positive social interaction with teachers and peers.
- PE.P.4.1 Understand basic safety rules and principles.

Reading, Writing and Communicating

- RW.P.1.1 Children comprehend and understand the English language (Receptive Language).
- RW.P.1.2 Children use language to convey thoughts and feelings (Expressive Language).
- RW.P.2.1 Children understand and obtain meaning from stories and information from books and other texts.

Family Letter

Pumpkin Circle



Pumpkin Circle

It's fall and that means lots of delicious harvest foods are in season, including pumpkins. Did you know pumpkins can improve your eyesight because they contain vitamin A? Children may enjoy learning that pumpkins are fruit and grow above ground on a vine. Try the recipe below with your family for a tasty snack.

Recipe

Nutrition Facts	
10 servings per container	
Serving size	3/4 cup(183g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 43g	16%
Dietary Fiber 2g	7%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 187mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pumpkin Treat

Ingredients:

- 1 32 oz Container of low-fat vanilla yogurt
- 1 16 oz Can of pure pumpkin
- 1 Sleeve of graham crackers

Directions:

1. Wash Hands
2. Open can of pumpkin and yogurt, then pour each into serving bowls.
3. Open graham crackers and place in serving bowl.
4. Allow children to spoon yogurt and pumpkin into their own individual cup, top with a graham cracker and enjoy!



Physical Activity

Throwing helps children develop hand-eye coordination and gross motor skills. Here's an idea on how to practice throwing with your child.

- Find a safe place to play outside or in your home, away from hazardous items.
- Set up targets. This could be hula hoops, a laundry basket, empty box, or buckets. Be creative!
- Use something like a soft ball, tennis ball, or a balled-up sock for children to throw. You can also create your own bean bag by filling a sock with beans or rice.
- Model how to throw overhand before asking your child to try.
- As your child practices, you can set up different size targets or move them closer and further away.



Text2LiveHealthy

Text2LiveHealthy

Fun tips to keep your family healthy

We will send you free weekly texts that inspire and inform you and your family on ways to eat well and be active together. You will also receive recipes, resources and information about events in your area.

To sign up, text the word "**FOOD**" to the phone number **21333** and answer 3 simple questions.

Carta Familiar

El Círculo de las Calabazas



El Círculo de las Calabazas

Es otoño, y eso significa que muchos alimentos deliciosos de cosecha están en temporada, incluyendo las calabazas. ¿Sabía que las calabazas pueden mejorar tu vista porque contienen vitamina A? Los niños pueden disfrutar aprendiendo que las calabazas son frutas, y que crecen sobre el suelo en una enredadera. Pruebe esta receta con su familia para un sabroso aperitivo.

Receta

Nutrition Facts	
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Serving size	3/4 cup(183g)
Amount per serving	
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% Daily Value*	
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Saturated Fat 0g	0%
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Sodium 105mg	5%
Total Carbohydrate 43g	16%
Dietary Fiber 2g	7%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 1mg	6%
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*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Postre de Calabaza

Ingredientes:

- 1 envase de 32 oz de yogurt de vainilla bajo en grasa
- 1 lata de 16 oz de calabaza
- 1 paquete de galletas graham

Instrucciones:

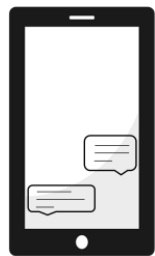
1. Lavarse las manos
2. Abra la lata de calabaza y el yogurt, y vacíelos en tazones de servir
3. Abre el paquete de galletas graham y póngalas en otro tazón
4. Permita que los niños se sirvan yogurt y calabaza en su vaso individual con una cuchara. Agregue una galleta graham encima y disfrute



Actividad Física

El lanzamiento ayuda a los niños a desarrollar la coordinación ojo-mano y las habilidades motoras gruesas. Aquí hay una idea sobre cómo practicar el lanzamiento con su hijo(a).

- Encuentre un lugar seguro para jugar fuera o dentro de su casa, lejos de artículos peligrosos
- Ponga objetivos. Pueden ser aros, un canasto de ropa, una caja vacía, o cubetas. Sea creativo.
- Use algo como una pelota pequeña, una pelota de tenis o un calcetín para que los niños lo lancen. También puede crear su propia bolsa de cuentas llenando un calcetín con cuentas pequeñas
- Muéstreles a los niños cómo lanzar por encima de la cabeza antes de que lo intenten
- A medida que su hijo(a) practica, puede cambiar el tamaño de los objetivos, o moverlos más cerca, o más lejos



Text2LiveHealthy



Le enviaremos mensajes de texto gratuitos cada semana que inspirarán e informarán a usted y a su familia sobre maneras de comer mejor y mantenerse activos juntos. También recibirá recetas, recursos e información acerca de eventos en su área

Para registrarse, mande la palabra “COMIDA” al número 21333, y conteste 3 sencillas preguntas.