Pumpkin Palooza: From Seeds to Spooky Creations

Objective: Students will explore the life cycle of pumpkins through hands-on investigation, identify and separate pumpkin seeds, and use their senses to examine the pumpkin's physical characteristics. Students will also demonstrate creativity and collaborative decision-making by designing and voting on a class pumpkin, participate in a mindful pumpkin seed tasting, and take home a seed to encourage further exploration of plant growth.

Materials: pumpkin, carving tools, tray, paper, crayons, sandwich baggies (one per student)

1. Discuss the life cycle of a pumpkin.
2. Set up pumpkin coloring / design contest. Explain that whichever pumpkin the class picks will be the way we carve our class pumpkin.
3. Give each student a blank piece of paper to draw a pumpkin on and box of crayons.
4. Instruct them to design the face and color it however they'd like.
5. Once pumpkins are drawn, ask the class to vote on which one will be carved onto the face of the class pumpkin.
6. Instruct students to scoop out the pumpkin guts after the teacher has cut the top off. Each student dips hand in, grabs a handful, and places it on a tray to remove the seeds.
7. Separate the seeds from the gunk, and rinse hands off.
8. Give one seed harvested from our class pumpkin to each student and place in bag to take home.

Mindfulness Activity- Roasted Pumpkin Seed Taste Testing

Length: 1–2 minutes

Materials: roasted pumpkin seeds

- Give each student a small, age-appropriate portion of separately prepared roasted pumpkin seeds.
- Have students examine the seeds before tasting.
- Ask them to take a slow bite and notice the crunch, flavor, and texture.

Virginia Standards of Learning (SOL)

SOL Strands: Living Systems and Processes; Scientific and Engineering Practices
Primary SOL Alignment: K.5b, K.7b, 1.4b–c, 2.4b, 3.1

Month: October