

## PUMPKIN SEED LANGUAGE ACTIVITIES



### Baking pumpkin seeds

1. Talk about the materials you need: Bowl, seeds, ingredients (i.e. butter, salt, cinnamon, etc.), baking sheet, and spoon (or use hands for messy play)
  - a. Have your child help you find the materials in the kitchen
2. Add the ingredients to the bowl
  - a. Talk about what is going in first, second, and third. List the items in the order you/your child put them in the bowl to help your child sequence the steps.
3. Mix everything together
  - a. Encourage your child to use their hands to incorporate great sensory play. If they are hesitant to use their hands, have them watch you use your hands and they can help you move your hands in the bowl.
4. Scoop the seeds onto a baking sheet
  - a. Have your child use a spoon to scoop the seeds out of the bowl and onto the baking sheet (great fine motor practice)
  - b. Incorporate taking turns scooping with siblings and/or mommy and daddy

### Painting pumpkin seeds

1. Talk about the materials: Bowl, paintbrush, paint, seeds
  - a. When getting the materials talk about the colors, how the seeds and/or paintbrush feels, etc.
  - b. Have your child select the color(s) they want to use. Provide them with verbal choices if they need some help, "Do you want red or blue?"
2. Add the paint to the bowl
  - a. Have your child help you squeeze the paint in the bowl. Repeat "squeeze" to help map the word to the action. If you squeeze a little paint at a time, you can incorporate your child requesting for "more" or "more paint please"
3. Model painting the seeds
  - a. Paint the seeds with your child to connect with the experience together. You can hold the paintbrush (great fine motor skill) or dip the seeds in the paint and spread them on the paper (great fine motor picking up the seeds and incorporates messy sensory play!)

## Quick Tips:

1. Narrate what you are doing with simple vocabulary
2. Have your child be part of the entire process from set-up to clean-up (give them specific roles to do with a lot of praise after they complete each step)
3. Talk about the way the pumpkin seeds feel, the sounds you hear, the colors you see, etc.