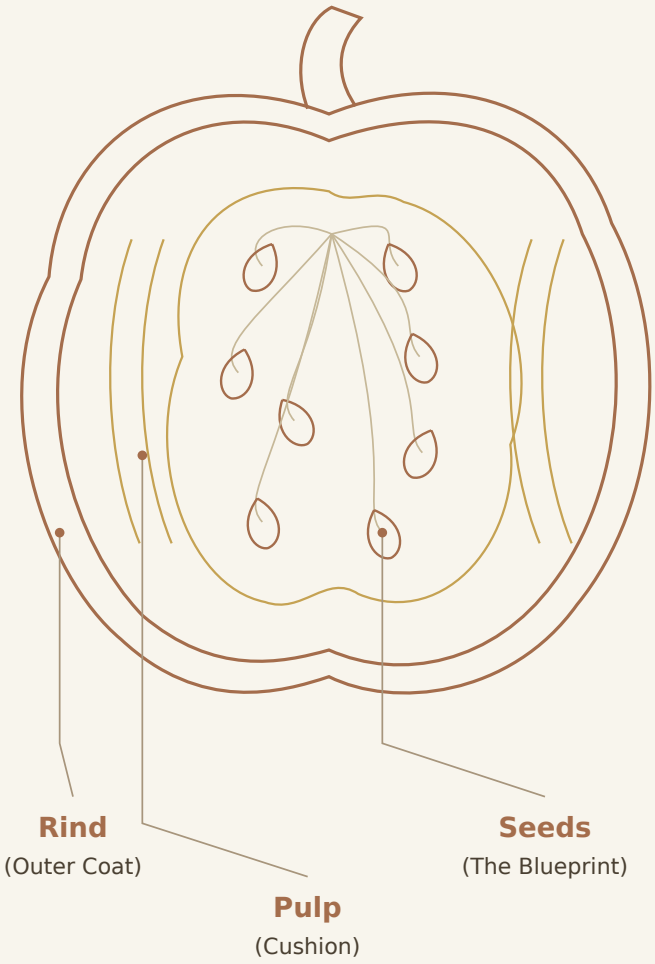
WONDERROOTS KIDS

PUMPKIN SCIENTIST LAB

A quiet, hands-on autumn activity for little roots • Ages 2-6

LOOK INSIDE A PUMPKIN

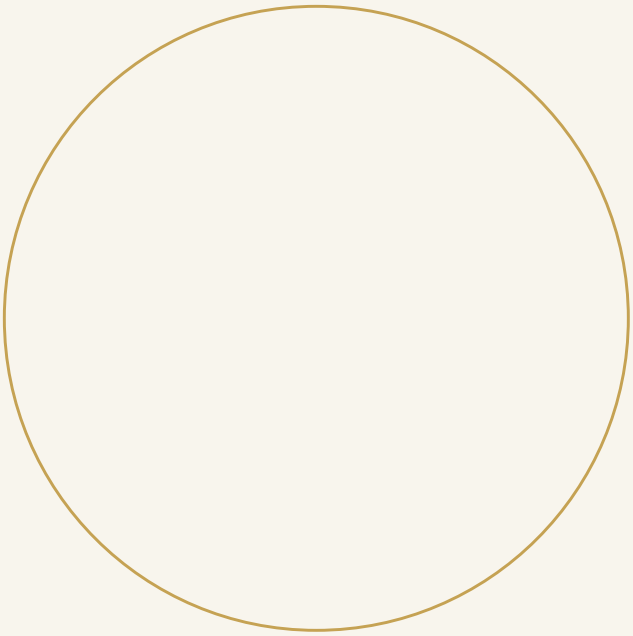
Explore the layers with your grown-up.



Touch the outer coat. Feel the soft inside. Look closely at a seed - a new pumpkin plant can begin here.

MY SEED COUNTING STATION

Lay your scooped seeds in the circle. Sort and count them in piles of 5 or 10.



Pile of 5 **Pile of 10**

Count slowly together. Move one seed at a time as you say each number aloud.

Earthy Pumpkin Patch Breathing

Sit together and let your shoulders soften. Breathe in gently as if smelling the earthy pumpkin patch. Breathe out slowly like a soft breeze through the vines. Take three quiet breaths together.

Grown-ups cut the pumpkin. Supervise seed play. Wash hands with soap after play.