

**curious  
minds**

**Ages 0—2  
years**



## **Pumpkin and seed sensory bag**

A pantry staple sensory experience that allows your child to build fine motor skills and develop their spatial awareness. This is also a great way to recycle and reuse pumpkin in a fun learning activity without the mess!

### **Learning benefit / Skills developed**

- Curiosity
- Sensory exploration
- Hand-eye coordination
- Fine motor control

### **What you'll need**

- Pumpkin with seeds
- Zip lock bag

### **Instructions**

1. Cut up pumpkin into a few small pieces, then steam with the seeds intact.
2. After it has cooled down, put some in a zip lock bag (avoiding over-packing).

3. Children are encouraged to squash or squeeze the pumpkin.
4. After the pumpkin is completely mashed, children are encouraged to use their fingers to press or chase the seeds.

### **Tips**

- For an alternative sensory experience, add flour to the steamed pumpkin and seeds.
- It is highly encouraged to reuse leftover pumpkin you might have, then after you're done with activity, pop any remaining pumpkin into the compost bin.