

## Instructions for Sensory Bag:

1. Find a pumpkin - any size. Clean and carve out the insides. Yes, pulp and all - please save.
2. Scoop the pulp and seeds into a ziplock bag or container provided.
3. Zip the bag closed and tape with packaging or duct tape over the "zipper".
  - a. This is to ensure that the bag won't open during play.
4. Draw a pumpkin on the bag with a permanent marker if you would like.
5. Caregivers describe the texture and feeling of the seeds and pulp inside the bag. Have children repeat the describing words if they are able to.
6. You can count the seeds, write letters, shapes and other objects into the bag using one index finger.
7. Children can also point and push on the bag too.
8. Bags will last a couple of days.



## Instructions for Sensory Bin: (more messy, but fun for toddlers & preschoolers)

1. Scoop a bunch of the pulp and seeds into the bin.
2. Allow the child to touch the pulp with their hands.
  - a. Ask the child to describe the feeling - slimy, sticky, the seeds are smooth, but bumpy in the pulp, etc.
3. Have them scoop the pulp and seeds by using a spoon or cup.
4. If you have any other Halloween or themed plastic shapes or play things, you can also place them in there for the child to find.
5. Wipe hands off with a wipe or wash hands in the sink.
6. The bin will stay fresh for a couple of days.

Website to visit: <https://www.messylittlemonster.com/2018/11/pumpkin-sensory-bags-sensory-play-for-babies.html>