



Carving a Pumpkin!



DEVELOPED BY HLC THERAPISTS



A pumpkin may start off dirty and muddy, but I can use a rag to clean the outside.



When the pumpkin is clean, I can draw a picture on the outside to carve.



My adult will help me open up the pumpkin.



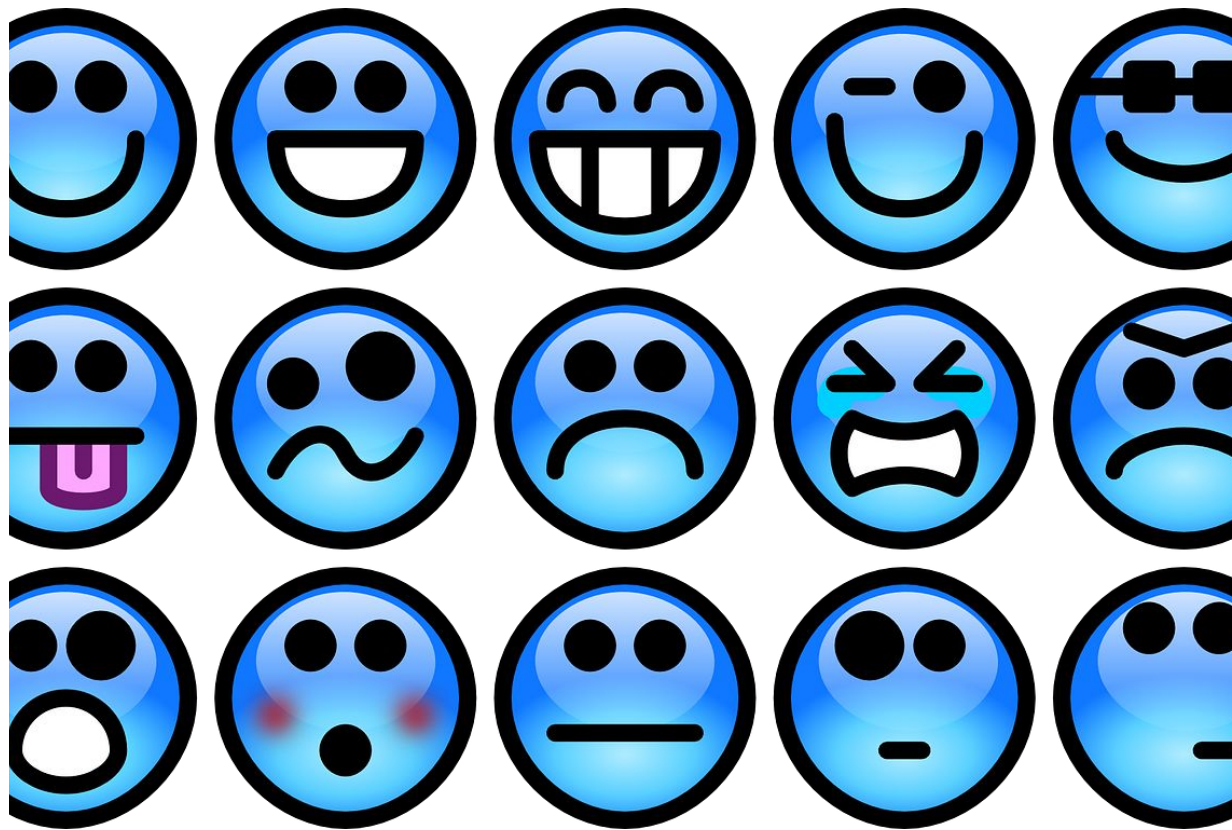
Inside of the pumpkin is seeds. The seeds feel slimy and maybe even a bit cold.



**I can use a spoon or my hands to scoop out the seeds.
If I don't want to use a spoon or my hands, I can ask
my adult for help.**



When the inside of the pumpkin is empty, my adult will carve the outside of the pumpkin. Tools are sharp, so only adults use the tools on the pumpkin.



Carving pumpkins can have me feeling all sorts of ways! I may be excited, scared, or other feelings, and that's OK.



If I need a break or help, I can tell my adult.



When the pumpkin is carved, I now have a Jack-o-Lantern!