

Pumpkin Seed Exploration & Sink or Float Lab



This hands-on science + sensory activity is perfect for October, combining sensory investigation, scientific thinking, and seasonal fun.

Materials:

- Small pumpkins (or gourds)
- Tray or water bin
- Pumpkin seeds (cleaned and dried)
- Measuring spoons or scoops
- Clear container of water
- A selection of small natural or classroom objects (rocks, leaves, small toys, etc.)
- Prediction cards or visual cue cards: “sink / float”
- Chart paper for recording results

Activity Steps:

1. **Predict & scoop seeds**
Have children scoop out pumpkin seeds using spoons or scoops. Let them count seeds, estimate how many seeds are inside pumpkin, weigh seeds, or sort by size/texture.
2. **Sink or Float test**
Use a water bin. Ask children to predict whether each seed or small object will sink or float. Let them test by placing items in water and observing what happens.
3. **Record & compare**
Use cue cards: one for “sink” and one for “float.” Children place objects in the



appropriate card group after testing. Chart results and compare predictions vs actual.

4. Reflect & extend

Ask questions: *Why did that object float? Why did that sink?* Extend by adding salt or other materials to water to see how buoyancy changes.

This activity helps children explore scientific concepts (density, buoyancy), develop fine motor skills, practice counting and sorting, and engage in sensory discovery.

