



# Pumpkin Carryin' Exercise



**On your Mark, Get Set,  
Let's Move!**



**Dino's Garden Exercises** Keeping Fit in the Garden

## **INSTRUCTIONS:**

- \* When in season go to the pumpkin patch.
- \* Find the biggest pumpkin.
- \* With three of your friends carry it back to class.

### **Fruit and Veggie Talk:**

Kids love big orange pumpkins. What's your favorite way to eat it - Pumpkin soup or maybe Pumpkin Pie, or Roasted pumpkin seeds? What is your favorite thing about pumpkins?