

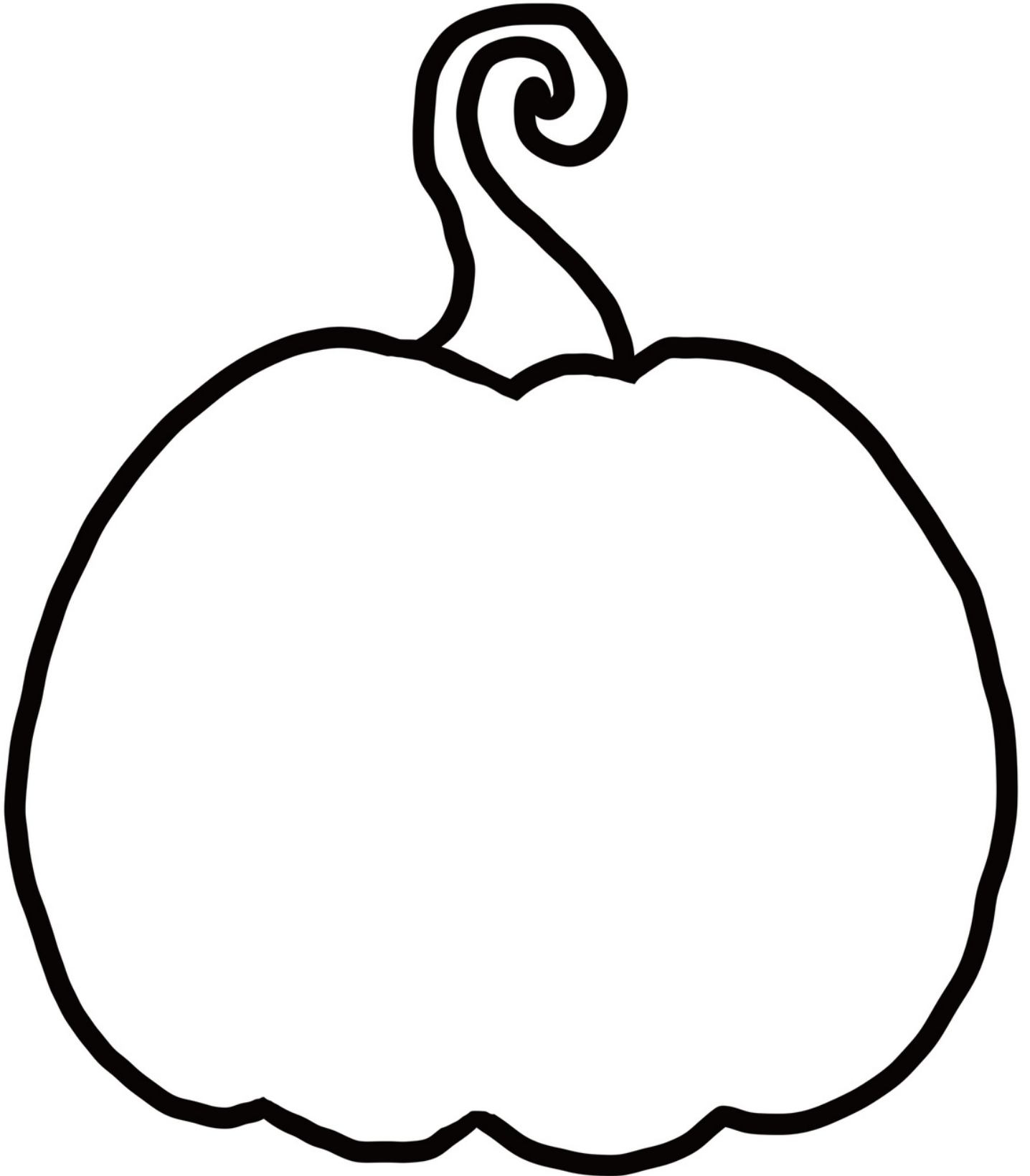
THE PERFECTLY IMPERFECT  
PUMPKIN  
ACTIVITY PACK



**Mabwysiadu**  
Canolbarth a Gorllewin Cymru  
**Adoption**  
Mid & West Wales

CREATED BY RACHEL COOK  
AT MID & WEST WALES ADOPTION SERVICE

Design your own perfect pumpkin



Can you match the Pumpkins faces to the feelings

angry



excited

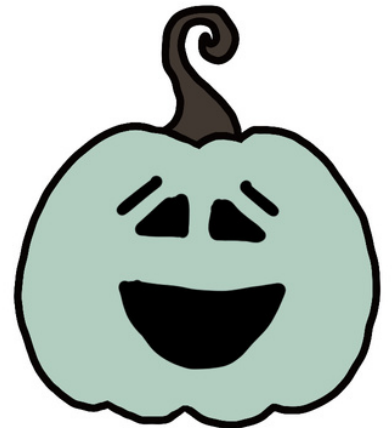
surprised

silly



happy

sad



nervous

tired



Print off these affirmation bracelets to remind yourself how **AMAZING** you are

I can do anything



I believe in me!!

I am beautiful



I deserve good things

I matter



I am amazing

Use the bats below as a template on black card, cut out as many bats as you like, make a small hole on the orange dots and thread a string between the holes to create your own bat garland.



Instead of throwing away the inside of your pumpkin why not try making pumpkin soup, make sure you have a grown up to help you.

# PUMPKIN SOUP

## Ingredients

- 2 tbsp olive oil
- 2 onions, finely chopped
- 11 kg pumpkin or squash, peeled, deseeded and chopped into chunks
- 700ml vegetable stock or chicken stock
- 150ml double cream

## Method

**STEP 1** -Heat the olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured.

**STEP 2** Add 1kg pumpkin or squash, cut into chunks, to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.

**STEP 3** Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until the pumpkin is very soft.

**STEP 4** Pour 150ml double cream into the pan, bring back to the boil, then purée with a hand blender. To make it extra smooth you can pour the soup through a fine sieve.

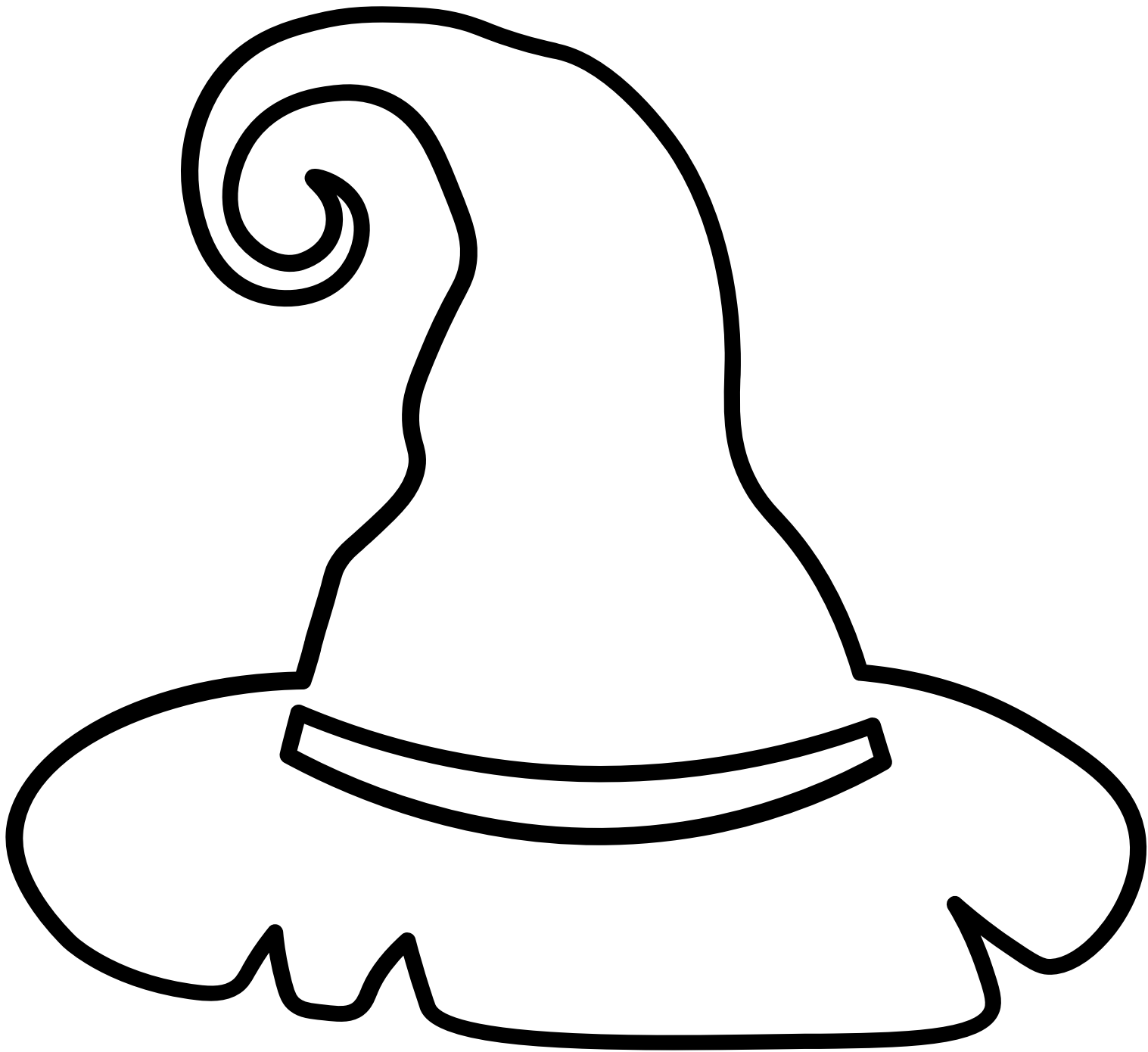
**STEP 5**- Serve in a bowl, with bread or croutons, you can add toasted pumpkin seeds on the top for extra flavour.

The soup can now be frozen for up to 2 months.





Use your favourite colours to decorate the witches hat, you could use anything you like, paints, tissue paper, glitter make it as colourful and unique as you like.



# Mindfulness

## Ghost Breaths

Take a deep breath in through your nose,  
as you breath  
out use your mouth make a long ghostly  
noise as long as you can



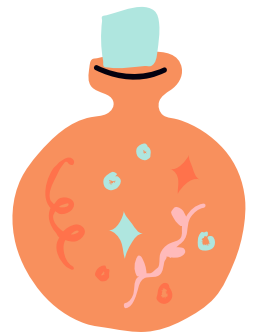
## Frankenstein arms



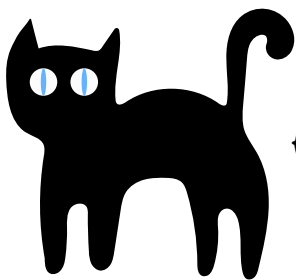
Put your arms out in front of you like  
Frankenstein and tense your muscles until  
they feel stiff hold it for three breaths  
then relax them again. Repeat this 5 times

## Slowing down potion

Close your eyes and imagine mixing a magical  
potion, slowly breath in through your nose as you  
smell the potion, gently curl your fingers and tap  
your head and then your shoulders as you sprinkle  
the potion on yourself, the potion will make you  
feel calm and relaxed.



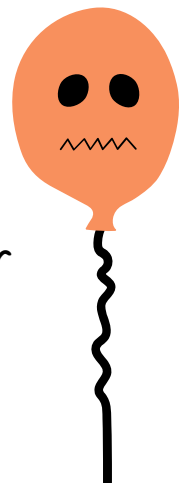
## Creeping Cat



Move slowly like a careful creeping cat,  
then arch your back and hiss as you breath  
out!!

## Balloon belly breathing

Imagine your tummy is like a balloon, breath in  
really deep and notice how the balloon gets bigger  
as it inflates. Breathe out and notice how small  
the balloon gets as it deflates.





# BOO-lieve in yourself

Cut out the friendly ghost below, and the sentence strips, complete the sentences and then stick them to the bottom of your ghost, make a small hole at the top and tie a ribbon or string to hang up your ghost.



---

My friends think I'm awesome because...

---

My family say I'm great at...

---

I feel very happy when I...

---

Something that I'm really proud of is...

---

I make people happy when I...

---

One unique thing about me is...

---

You're  
amazing



# Make a wind catcher witch

## What you will need:

paper plate  
Card  
Tissue paper  
googly eyes  
paint  
pens  
Glue  
string/ ribbon



Step 1: paint the paper plate whatever colour you'd like your witches face to be, leave it to one side to dry.

step 2- cut out a witches hat from the card, paint it whatever colour you would like your witches hat to be. leave to dry.

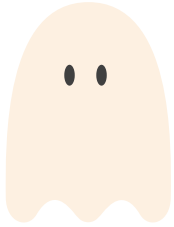
step 3; when the face and hat are dry, cut some long strips of colourful tissue paper to be the witches hair and glue it to the head and some to the hat, (the longer the tissue paper, the better it will catch in the wind)

Step 4: stick the witches hat to the top of the plate, add some googly eyes and use pens to add a mouth and nose.

step 5 add a small hole in the top of the hat and thread with ribbon or string, - now you can hang your witch and watch the hair blow in the wind!!

# spooky Charades

GHOST



FRANKENSTEIN



WITCH



CARVING  
PUMPKINS



APPLE  
BOBBING



TRICK OR  
TREAT



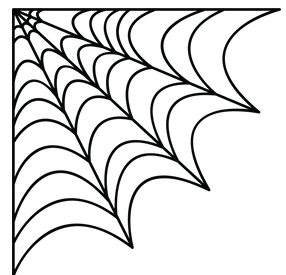
VAMPIRE



CAT



COBWEB



BAT



MAGIC



HAUNTED  
HOUSE



# MIRROR, MIRROR

write at least 5 compliments to yourself inside the mirror, and say them out loud.



# OREO BATS

## INGREDIENTS

- 15 Double cream Oreos
- Chocolate (melted)
- 20 edible eyeballs

## INSTRUCTIONS

**STEP 1:** Make sure you have a grown up to help you. Take 5 of the Oreos and carefully cut in half. Separate the pieces and scrape off the filling. Each Oreo will give you 4 "bat wings." Take 2 of the Oreo pieces and insert into the cream filling of a full Oreo then press down on the Oreo to help it stay in place.

**STEP 2:** Melt the chocolate FOR about 20 seconds in the microwave at a time, stirring in between, until melted and smooth. (if you don't have a microwave you can put the chocolate in a bowl, place that bowl in a bigger bowl of hot water and stir the chocolate until it melts.

**STEP 3:** Using a spoon, scoop a little of the melted chocolate on top of the Oreo. Then use the back of the spoon to evenly spread the melted chocolate over it.

**STEP 4:** Gently press 2 eyes on the Oreo for the bats eyes. Repeat until all the Oreo tops are covered with the chocolate and the eyes have been added. Place in fridge or freezer until the chocolate is set.

Keep stored in an airtight container in the fridge.



