



Watch the video clip <https://www.youtube.com/watch?v=75NQK-Sm1YY> or, if you have the book, read the story '**The Very Hungry Caterpillar**'.

You can use this story as a springboard for talking about the lifecycle of a caterpillar. Encourage your child to talk about the different characteristics between a caterpillar and butterfly such as wings and legs.

After reading the story, discuss the word sequence. Ask your child, what day did the story start? What day did it end? What happened on Monday? If possible, print the foods the caterpillar ate at:

<https://everfreecoloring.com/cp/the-very-hungry-caterpillar-coloring-pages-free-for-kids-38190/> Encourage your child to colour the page thinking about the different colours they may need.

This is a great book for helping develop early maths skills, because the story is full of counting! You can count the fruits on the printable sheet or perhaps even use real fruit!



Try encouraging your child to make their own caterpillars using different types of food. An ideal choice for this is salad, as you can use cucumber slices for the body and a tomato slice for the head. Try experimenting with different food types, especially fruit and vegetables as it might help you encourage reluctant eaters to try

something new.



You can play a simple memory game by taking a number of items from the story (i.e. an apple, a banana, a cake) and ask your child to have a look at them all and remember what's there. Then cover the items with a sheet and take one of them away. Now see if they can remember what else should be there.

This drama activity is good for helping children to understand the lifecycle of a butterfly and gets them to exert some physical energy too. First of all, you have to give each stage a body movement:

Egg: Ask your child to bend down and hold onto their ankles and curl their body up into the shape of an egg.

Caterpillar: Lie on the floor and squirm around like a worm

Cocoon: Use something your child can climb into such as a box, basket or sleeping bag. They also need to be holding some kind of colourful scarf or tissue paper for the next stage of their transformation

Butterfly: The children emerge from their cocoons waving the scarfs or tissue paper around like wings.

You can make your very own caterpillars. This very simple exercise involves cutting up some used egg boxes and then asking the child to decorate them. You can paint, colour using pens or even collage them.

