



Book Activity Sheet

The Very Hungry Caterpillar

By Eric Carle

This is a delightful story of a little caterpillar that eats his way to a big change.

Things to Talk About:

The hungry caterpillar ate some interesting things. (lollipops, pickles salami, ice cream) You might ask the children:

Healthy Foods: Why did the caterpillar get a stomachache? (too much of the wrong foods) Discuss healthy snack choices. Using cut up fruit sections (apples, oranges, pears, etc.) and raw vegetables (carrot and celery sticks) have the children make butterflies on a plate by placing the pieces to look like a butterfly. Now eat your healthy project.

Science & Nature: What do real caterpillars eat? (plants) What do butterflies eat? (nectar from flowers, plants) Look around the yard/park in spring & summer for butterflies. How did the caterpillar change? How do children change as they grow? (babies to children to teens to adults)

Extension question: Why don't we see butterflies during the winter? (no plants) Talk about migration. For example, monarch butterflies migrate 2000 miles from the New York State and Northeast to warm areas of Mexico near Mexico City. Each generation of butterflies returns to this same wintering place without every having seen it. These habitats are in danger. Plant a butterfly garden in your yard/window box to help butterflies. Don't use pesticides near the garden.

Activities to Do:

1. Tell Me a Story

Become familiar with days of the week by making up a story that lasts a week.

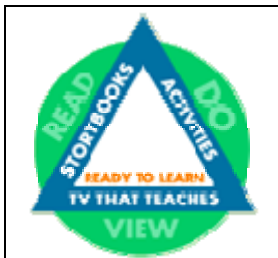
You Will Need: paper, crayons/markers, yarn, you and your child.

What to Do: Label 7 pieces of paper each with a day of the week. Help your child put them in order. Make up a story to write and draw with what happens each day. Make a cover for the book. Punch holes in the left side and tie with yarn. Enjoy reading the story together.

2. Egg Carton Caterpillars Turn Into Butterflies

You Will Need: egg cartons, scissors, cut-up pipe cleaners, markers, paper sandwich bag, and paper towel.

What to Do: Cut egg carton into 4 pieces with 3 cup segments attached. Turn 3 egg cups and draw face on the end cup. Poke a pipe cleaner through for antennae on caterpillar. Put feet on the caterpillar by punching through sides of cups with pipe cleaner and bending to make feet. Decorate as you like. Put the caterpillar into its paper bag cocoon to turn into a butterfly. Color paper towel with markers or paint for the wings. (Colors may blend and you can discuss color mixing.) Attach paper towel wings to caterpillar to turn it into the butterfly. You can do this to surprise the child or return it to the bag together to show how it comes out of the cocoon.



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