TECHFEST Supports:

The Very Hungry Caterpillar by Eric Carle

Activities for

Bookbug Session Leaders

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This resource has been developed by TechFest for use by Aberdeen City and Aberdeenshire Libraries as part of the Bookbug Sessions in celebration of TechFest, Aberdeen and North East of Scotland's Festival of Science, technology, Engineering and Maths.

The deliverer's resource suggests themes in learning, especially science, technology, engineering and maths (STEM) which link to the early years setting and are developed as the young learner progresses from the Early Year Framework Birth to Three: National Guidance to the Curriculum for Excellence. As Bookbug sessions are aimed at babies to pre-school children these are resources that can be used with pre-school children where the whole family can get involved.

A separate take home pack has been produced for parents; please photocopy as required (single sided so activities can be coloured and cut out).

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The Very Hungry Caterpillar
By Eric Carle

Background

"The Very Hungry Caterpillar" has enchanted readers (from all generations) for over 40 years. The instantly recognizable pictures and holes eaten between pages have helped to capture the hearts and imaginations of many children and adults across the world. There are many educational themes throughout the book: counting, the days of the week, foods, and a butterfly's life cycle. The book forms a staple of many educational activities in the early year's classroom, inspiring early literacy, numeracy, science, health and expressive arts activities but these are some ideas that can be enjoyed especially well with the book's very youngest readers and their families.

The caterpillar's diet is fictional rather than scientifically accurate but gives us some fantastic opportunities to look at the diet of the butterfly from a health perspective (thinking about our diets and food choices from a non-judgmental and supportive perspective). The book also introduces concepts of the butterfly life cycle where transformations take place from egg to caterpillar, to chrysalis to butterfly. We can start to explore this awe-inspiring natural process together.

If used in the early years setting it would offer progression into Curriculum for Excellence Outcomes and Experiences

- *Together we enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help us to grow and keep healthy. HWB 0-30a*

- *By investigating the range of foods available I can discuss how they contribute to a healthy diet. HWB 1-30a*

- *I experience a sense of enjoyment and achievement when preparing simple healthy foods and drinks. HWB 1-30b*

- *I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 0-50a / HWB 1-50a*

The Hungry Caterpillar Book – Equipment required for Activities

- Good to eat, okay as a treat sorting circles – see resource sheet
- Food pictures – see resource sheet
- Lifecycle worksheets – see resource sheet
- Pencils
- Paints
- Crayons
- Scissors

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Suggested Workshop Format

We're going to read "The Very Hungry Caterpillar*". I'm going to read the words of the story and we're going to look at the pictures. I'm going to make sure everyone can see the picture before I turn the page so even if there is a bit of the page you can't see while I'm reading the story; you will be able to see the pages properly before I turn the page.*

Are you sitting comfortably? Then I'll begin.

***Read the story, looking at the pictures. ***

Healthy Eating

The Very Hungry Caterpillar ate such a lot of food in the story. We need to eat food for energy and growing. Some foods are good to eat, and some are okay as a treat but could make us ill if we eat too much. Let's look at what the hungry caterpillar ate, and we can see what's good to eat and what's better as a treat.

***Read the book again. When you get to a food, find the card and decide whether it's good to eat or better as a treat (it would give you a tummy ache if you ate too much). You can simply read the story again and use as a sorting activity. ***

Good to eat	Just as a treat
• 1 apple • 2 pears • 3 plums • 4 strawberries • 5 oranges • 1 slice of watermelon • 1 green leaf	• 1 piece of chocolate cake • 1 ice cream cone • 1 pickle • 1 slice of Swiss cheese • 1 slice of salami • 1 lollipop • 1 piece of cherry pie • 1 sausage • 1 cupcake

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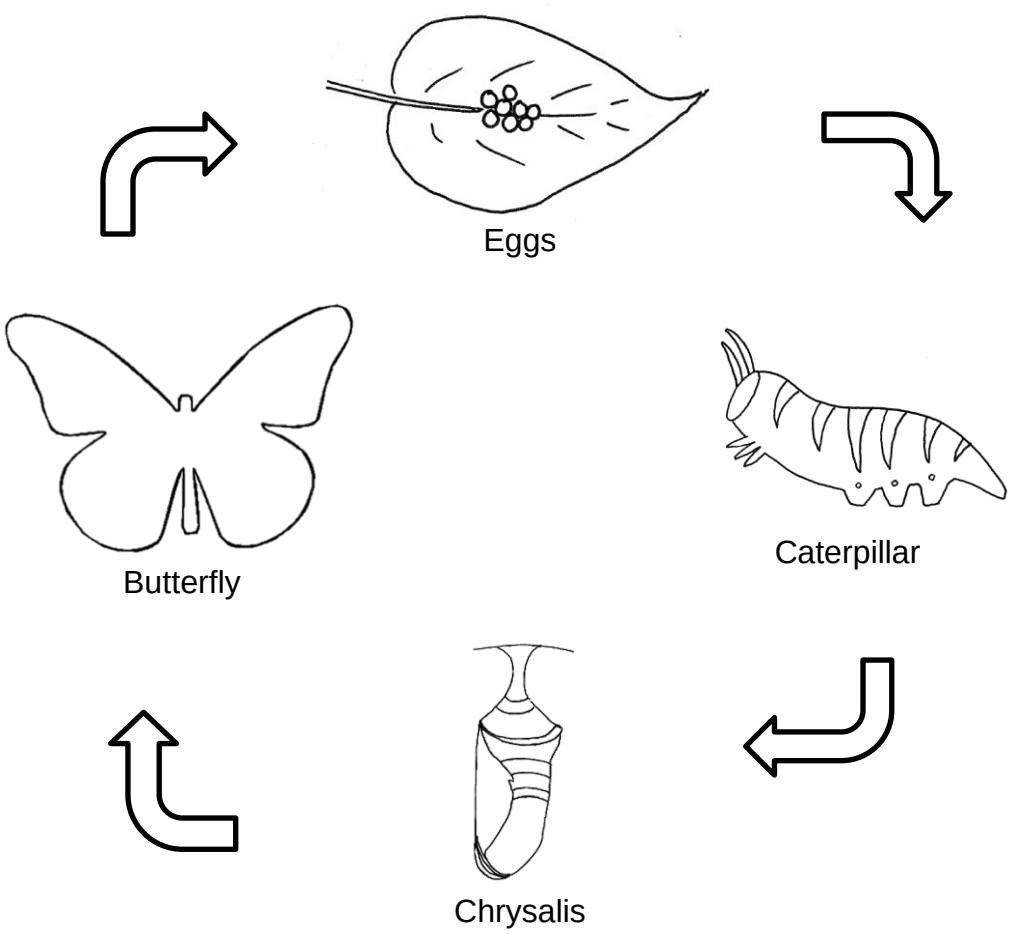
Lifecycle of a Butterfly



The butterfly finds a safe place to lay her eggs usually on or near food the caterpillar can eat. A small caterpillar hatches out of the egg and eats and eats and grows and grows until it can spin a chrysalis (often called a cocoon). Inside the chrysalis the caterpillar changes into a butterfly. When the butterfly is ready to hatch it is wet and its wings are all curled up. It has to unfold and dry out before it can fly.

Background Information:

- We call the stage where the caterpillar turns into butterfly pupation.
- The technical term for the animal inside the cocoon which is neither caterpillar nor butterfly is a pupa.
- The caterpillar builds a cocoon to pupate and the structure of the cocoon with the pupa developing inside is the chrysalis (you may find these hanging underneath leaves or on branches).

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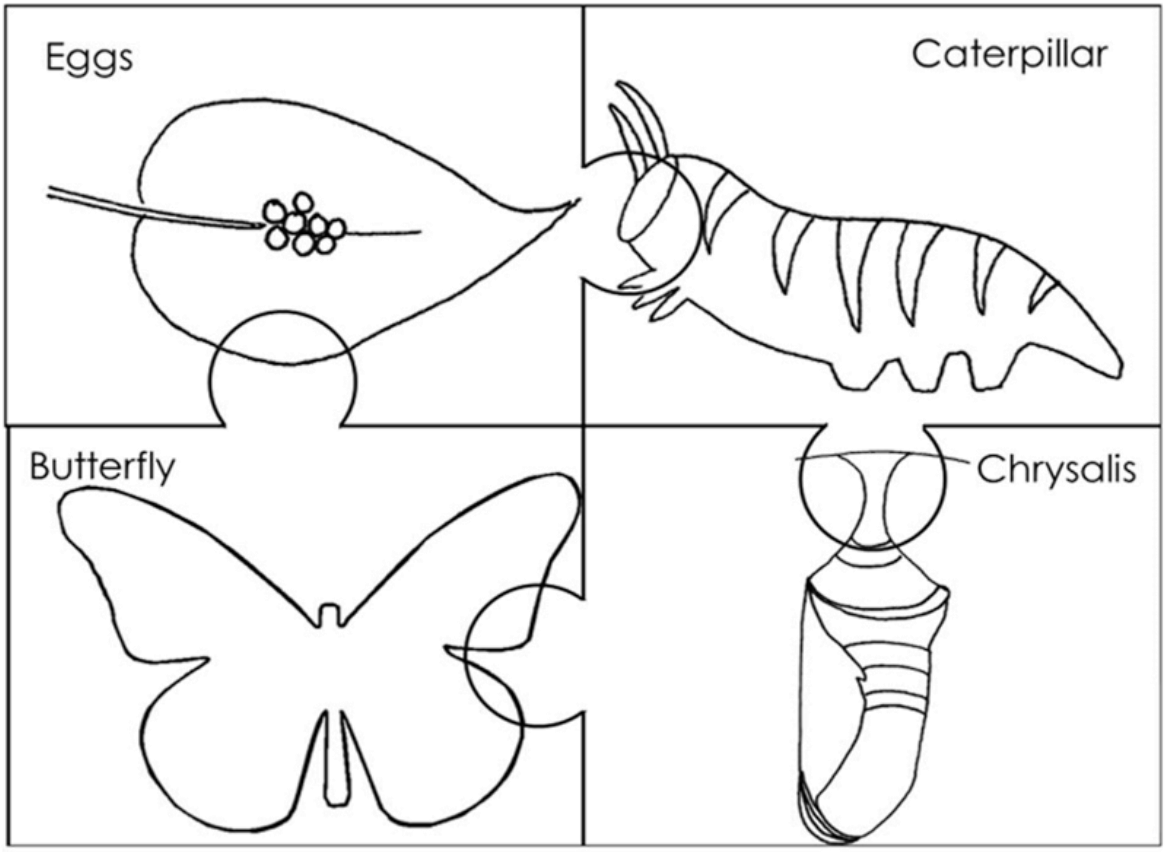
Activity: Lifecycle of a butterfly

Kit:

- Activity Sheets
- Colouring in pencils/ pens

Butterfly lifecycle colouring in sheet



Activity: Butterfly prints

You will need:

- Paper
- Poster paint

Instructions:

1) Fold your piece of paper in half. Drop blobs of paint onto the left-hand-side of a piece of paper. Make sure you put some near the middle of the page. Use different colours and try not to make the blobs too big.

2) Fold the paper in half so that the clean side touches the painted side. Press down gently on the paper so that the blobs of paint spread out.

3) Unfold the paper to reveal a symmetrical butterfly.

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