

Theme: Caterpillar and Butterflies

Date: April 24, 2020

Hello StrongStart families,

Today's content is brought to you by Ms. Joni (from Waverly) and Ms. Cindy (from Cook).

We are glad to see spring around here! Spring is one of our most favourite time of the year. There are more flowers, birds, sunshine and of course, butterflies!

Let's listen to Ms. Joni tell a felt story of the book "The Very Hungry Caterpillar" by Eric Carle - <https://youtu.be/xEVD2iNAdyQ>. This colourful story highlights the life cycle of a butterfly, from an egg to its transformation in becoming a beautiful winged creature. The story also encourages language development, movement, counting, healthy eating and the respect for the natural world.

After listening to the felt story, let's make a caterpillar. You'll need an egg carton for this. First, you cut it in half. Then, you can paint or colour the egg carton. Draw eyes and add feelers using a twist tie, toothpick, pipe cleaner, paper cut out, etc.



Now, it's time to move our bodies. You and your children can re-create the Very Hungry Caterpillar with different body movements. Here's one way you can do it:

In the light of the moon, a little **egg** lay on a leaf. (*crouch down*)

One day, a little **caterpillar** POPPED out of its egg. (*get up.*)

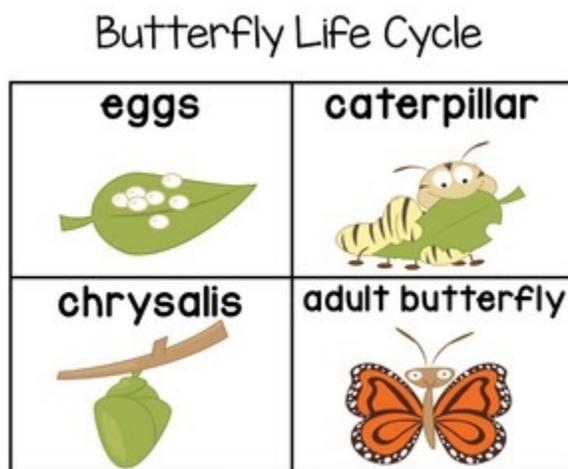
The caterpillar was hungry, and looked for food (*Look for "food" around the house. Food can be anything: a pencil can be a "banana", a ball can be a "watermelon". That's the great thing about pretend play. It uses the one's imagination.*)

The caterpillar was getting tired and sleepy after it finished, so it decided to go to sleep (*lay down*).

The caterpillar wrapped himself/herself with a blanket. (*crouch down and cover with blanket. Pretend to take a nap. Note: blanket represents a **chrysalis**.*)

The caterpillar slept for 15 days. (*Count up to 15. Note: it takes up to 15 days for a caterpillar to turn into a butterfly.*)

And when it woke up (*come out of the blanket*), the caterpillar became a beautiful **butterfly**. (*flap your arms and pretend to be a butterfly. You can also use scarves as wings*).



To wrap up, let's join Ms. Cindy for a song called "Circle" - <https://youtu.be/nOdeVnajibl>. This song is great for colour recognition and counting! Wait till the end of the video for a little surprise!

*If you are new to our daily email and want to find one that was sent before, check out the **StrongStart page for our archived posts**. Content is organized by date and labelled by theme!*

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*If you are looking for extra story time videos, you can visit the **StrongStart Story Time Video page** where we post all our book (not sent in our daily emails) reads by our facilitators.*

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*For Families who are Facebook users – Please follow the Vancouver Public Library – they do a live story time each day at 10am <https://www.facebook.com/vancouverpubliclibrary/>*

