

Early Years Preschool Playful Family Activities

Week of: May 26

Theme: My Home, My Community -
Caterpillars and Butterflies!



Arts and Crafts

You can use egg cartons to make a caterpillar and butterfly. Check out these tutorials to learn how:

Egg Carton Caterpillar-

<https://www.youtube.com/watch?v=p8FvZF7KigA>

Egg Carton Butterfly-

<https://www.youtube.com/watch?v=mlRHtHM8RAE>

Play

Watch The Life Cycle of a Butterfly

<https://www.youtube.com/watch?v=kVm5k99PnBk>

*Have your child act out the life cycle of a butterfly. First, get down on the floor and hug your body like an egg. Second, stretch your arms forward and crawl on your belly like a caterpillar. Third, roll up in a towel or blanket as your cocoon. Fourth, peek out your head and spread your arms like wings....you are ready to fly like a butterfly. What other sequence can you act out...from a seed to a flower?

Science and Nature

There are some wonderful videos on YouTube that show the amazing lifecycle of the butterfly;

<https://www.youtube.com/watch?v=G3VMI-EY2DM>

Elmo has quite a butterfly adventure in this video:

<https://www.youtube.com/watch?v=SuRFexrtZJo>

Be on the lookout for caterpillars and butterflies throughout the summer. If you grow tomatoes, be on the lookout for the 'tomato hornworm' caterpillar - every year they try to eat all of my tomato plants! They will get huge if you don't catch them right away!

Gross Motor (Get Moving)

We have 2 yoga videos for you to try this week!

Fly Like a Butterfly Yoga

<https://www.youtube.com/watch?v=oYI0TPJOuGk>

If you like yoga, check out this video by Cosmic Kids - act out the Very Hungry Caterpillar story using yoga poses to help tell the story.

<https://www.youtube.com/watch?v=xhWDiQRrC1Y>

Fine Motor

Collect grocery store circulars from the mail. Have your child cut out their favorite foods. Sort the pictures into 2 categories: Healthy Foods and Not Healthy Foods. Use some glue and paper to make a collage.

Find 2 objects that are circles...one big and one small. Trace the objects to make a caterpillar. First the big circle for his head and then the small one for his body. How many small ones will you need? Color in the circles and draw lines for it's legs. What other shapes can you find to trace? Your hands to make a butterfly? A cereal box for a rectangle? Go on a scavenger hunt to find other objects to trace. What could be a triangle, a square?

Conscious Discipline/Social Emotional

A school using Conscious Discipline made this video about using "butterfly breathing". Check it out:
<https://www.youtube.com/watch?v=1VXknVjy1TQ>

Language & Literacy

The Very Hungry Caterpillar by Eric Carle is a classic children's story. You can watch an animated version here:

<https://www.youtube.com/watch?v=75NQK-Sm1YY>

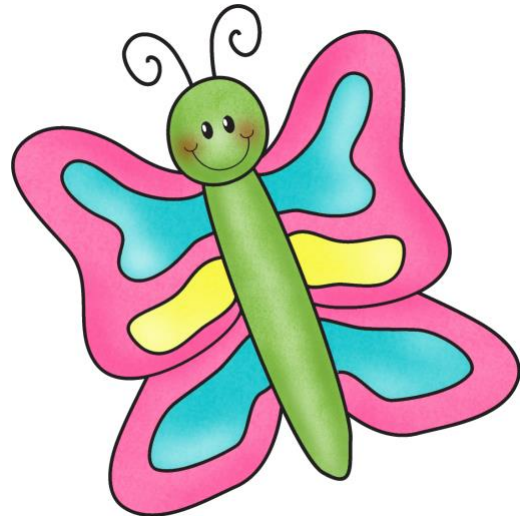
Caterpillar starts with the letter C. Watch and sing along with this video about the letter C by Jack Hartman:

https://www.youtube.com/results?search_query=jack+hartmann+c+song+

Butterfly starts with B! Here's Elmo singing a song about the letter B:

https://www.youtube.com/watch?v=INehh_DyFjA

Letter hunt-Write the letters of the alphabet around the edge of a paper plate. Cut a small slit in between each letter. Walk around your house or outside and see if you can find a letter match. When you find one, fold down the edge. Another option is to choose a letter and make the sound for your child. Have them name something that makes the same sound. Fold down the letter and choose another.



Cooking/Snack

In the Very Hungry Caterpillar, the little caterpillar ate through 1 apple, 2 pears, 3 plums, 4 strawberries, and 5 oranges. For snack one day, try creating a similar snack with your child. Write numbers 1-5 on pieces of paper, then find 5 cups and tape a number on each cup. Put the cups in order 1-5. Then, decide what snacks you will use to fill your cups. You might try 1 cookie, 2 pretzels, 3 orange slices, 4 raisins, and 5 goldfish crackers. Help your child match the correct number of snack to each cup. Then enjoy!

Online Resources

Check us out online for new ideas being posted daily!

- Facebook: Early Years Program @ EarlyYearsredclay
- Instagram: rcearlyyearsprogram
- Website: <https://www.redclayschools.com/eyp>

Math

Let's talk about symmetry! Things that are symmetrical are said to be balanced; in preschool we often say the same on both sides. The wings of a butterfly are symmetrical. Draw a butterfly pattern on a piece of paper or use tape to mark out a butterfly pattern on the floor/carpet or use chalk to make one on the driveway/sidewalk outside. Then, use materials (grass, rocks, sticks, milk or soda caps, yarn, toys) to make the wings of the butterfly. Remember - to make symmetrical wings, what you put on one side, you also have to try to put on the other side in about the same place! If you wish, take a picture of your butterfly and post it on Class Tag so we can see your symmetrical designs!

Collect different lids from drink containers (water, Gatorade, juice, soda bottles). Use a marker to draw a face on one lid. Add more lids to make a caterpillar. Count how many lids you have. What would happen if you add more or take some away? Can you make the caterpillar longer or shorter?

We wish you well!

EYP staff realizes this can be a stressful time for both adults and children. Our intention is not to overload families with 'have-to' activities, but to provide opportunities for times of connection throughout the day that can be restorative for everyone. Getting outside to take a walk (maintaining distancing, of course!) is helpful because movement allows us to 'work out' some of the stress in our bodies. Taking moments throughout the day to give your full attention to your child and his/her play and thinking can be so helpful to his/her feeling of safety. Doing easy chores together such as washing dishes, making beds, folding laundry, setting the table, or feeding a pet can help our children feel they are being of service to the family while also being able to spend time with you as you guide them through the chore. Take care, have some fun, and hug those preschoolers for us. We wish you well!