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| Caterpillar and Metamorphosis At-Home Lesson Plan  |
| **Monday:****Literacy Activity of the Day:** Watch this read-aloud story of *The Very Hungry Caterpillar* by Eric Carle: <https://www.youtube.com/watch?v=btFCtMhF3iI>. This is a great version because it highlights words as the narrator reads. Use this opportunity to point out that each word is separate and that reading goes from left to right.**Brain Break:** Dance to a silly song version of *The Very Hungry Caterpillar*: <https://www.youtube.com/watch?v=_tUBBh4QzTU> **Math Activity of the Day:** Look in your pantry or refrigerator and count the number of certain vegetables or fruits (Example: We have 5 apples. We have 6 potatoes.)**Cognitive/Science Activity of the Day:** After counting your food items, discuss with your child the difference between fruits and vegetables. If you need a little help explaining, here is a child-friendly video: <https://www.youtube.com/watch?v=DTK-uWx_VQo> . After learning the difference, help your child sort your fruit and vegetable items into separate piles.  |
| **Tuesday:****Literacy Activity of the Day:** This is an adorable animated version of *The Very Hungry Caterpillar*: <https://www.youtube.com/watch?v=75NQK-Sm1YY>. Ask your child what they remember from the story before watching the animated version. **Math Activity of the Day:** Talk to your child about what day of the week it is. Refer back to *The Very Hungry Caterpillar* story and have them count how many days in the week there are. Play the “Days of the Week” song and have your child jump up when they hear the day of the week. (We do this at school and the children greatly enjoy this activity.) Point to each day on a calendar as the song sings the days so they can be better prepared for the jump. Here is the song: <https://www.youtube.com/watch?v=oKqAblcwFOA> **Gross Motor Activity of the Day:** This is a yoga video that begins with yoga poses that tell the story of *The Very Hungry Caterpillar* : <https://www.youtube.com/watch?v=qr1-RiuS7pw&list=PLNybXBzkI6feJ-EFOZbHoLktW631OFJ-L&index=9&t=0s> **Fine Motor/Art Activity of the Day:** Have your child pick their favorite fruit or vegetable and place it in front of them while they work on drawing the item on a piece of paper. Then have them draw a caterpillar eating the item. (Showing them a picture of the cover of *The Very Hungry Caterpillar* may help if they aren’t sure what to do). Not all children are interested in drawing or have the skills to draw at this point; if this activity is too challenging or frustrating for your child, modify it by just asking them to color with crayon that matches the color of the item. Encourage your child to use a writing tool with the proper three-point grip while they make their creation. |
| **Wednesday:****Literacy/ Social-Emotional Activity of the Day:** Listen to the book *The Very Impatient Caterpillar* by Ross Burach. This book provides an excellent introduction to learning about metamorphosis. After the book, follow the science activity below. Also, this book talks about patience which, as we already know, is very important during this unprecedented time. Use this opportunity to talk with your child about how they and everyone is showing patience right now, and why that is important in keeping everyone safe.**Science/Cognitive Activity of the Day**: After reading *The Very Impatient Caterpillar*, talk with your child about metamorphosis. Here is a short non-fiction book that discusses the butterfly life cycle and provides children with new vocabulary: <https://www.youtube.com/watch?v=DWy4yYe3_9M> . After listening to the short book, watch this fascinating National Geographic video with your child and ask them to use the learned vocabulary from the short book to describe what is happening: <https://www.youtube.com/watch?v=kVm5k99PnBk> . **Music Activity of the Day:** Parents, watch this video to teach this song to your child, or watch with your child and learn together: <https://www.youtube.com/watch?v=OJkn7CMmmw0>. This song will help your child remember the vocabulary words about metamorphosis that they learned today. **Sensory/Literacy Activity of the Day:** Use this opportunity to talk about the first letters of the words “Caterpillar” and “Butterfly.” Show them the letters and how to write the letters. Provide your child with a little flour, sand, or dirt on a plate or tray and ask them to use their finger to draw the letters. Discuss the letter sounds that ‘C’ and ‘B’ make. If that is easy for your child, ask them what other words begin with those letters. Also, if your child enjoys this activity, expand it by talking about the beginning letters of “egg” and “chrysalis” or other words relevant in their day-to-day life.  |
| **Thursday:****Literacy/Cognitive Activity of the Day:** Before reading today’s story, ask your child if they know other animals that go through metamorphosis like the butterfly. Then read *The Teeny Weeny Tadpole* by Sheridan Cain: <https://www.youtube.com/watch?v=WkoKLoTHosk> . As you watch the story, ask your child to watch for how the tadpole changes throughout the story. Make sure to point out the tadpoles in eggs on the first page, and watch for how the tadpole develops legs as the story progresses. **Science Activity of the Day**: Watch a video showing the life cycle of a frog: <https://www.youtube.com/watch?v=gmlaclb3K2o> . Ask your child how a frog’s life cycle is the same and how it is different from the life cycle of a butterfly.**Gross Motor Activity of the Day:** Jump like a frog with this active jumping song: <https://www.youtube.com/watch?v=kcQJDpj5TSY> **Math/ Music Activity of the Day:** Sing “Five Little Speckled Frogs” with your child. If you do not know the song, here it is: <https://www.youtube.com/watch?v=TtX8yVEF0-w> . To extend the activity either: 1) Print this page (option 2 will be available if you do not have a printer) to create a manipulative activity: [www.supercoloring.com/coloring-pages/five-little-speckled-frogs](http://www.supercoloring.com/coloring-pages/five-little-speckled-frogs). Your child can color and cut out the items (you may need to do this depending on their skill level) and then the pieces can be used for counting to five and for your child to act out the song as you sing. 2) Use a pencil for a log and five beans (or something else you have five of) for “frogs” to put on the log. Have your child jump the beans into the “pond” as you sing.  |
| **Friday:****Literacy/ Social Emotional Activity of the Day:** Read the book *The Very Grouchy Ladybug* by Eric Carle: <https://www.youtube.com/watch?v=Jr3ha03MsK0> . After you read the book, ask your child if fighting is safe. Then ask your child how to handle problems with friends in a safe way. (If they don’t know, have a discussion about using a “big voice” to solve problems. A “big voice” is an assertive, not excessively loud, voice that states clearly what a child would like to happen.) Ask your child how the grouchy ladybug could have used a “big voice” to express his disappointment instead of wanting to fight. Then talk about the differences between the grouchy and friendly ladybug. Ask your child which ladybug they would want to meet and why. **Math Activity of the Day:** *The Very Grouchy Ladybug* promotes the exploration of different math concepts. First, talk about big and small with your child. Ask your child if the animals are getting larger or smaller throughout the book. Then, if your child has toy animals, ask your child to place them in order from smallest to biggest. If you do not have toy animals, look around and find other items for your child to order. Second, time can be challenging concept at this age, but as you reread the story show your child a clock and explain how it helps us tell time. If you’d like, show them the time on a clock that is being shown in the story. **Gross Motor Activity of the Day:** Play an animal movement game with your child. Give your child the name of an animal and then they can act it out. If you’d like, use the animals from *The Very Grouchy Ladybug* book. **Science Activity of the Day:** Begin by asking your child if they remember the parts of the life cycle of a butterfly. Watch this video about the ladybug life cycle: <https://www.youtube.com/watch?v=pHIbZ5fFsOg> . After watching, compare the life cycle of a ladybug with the life cycle of butterflies. **Art Activity of the Day:** If you have paint, help your child paint a red oval on a paper. Then, allow them to use black paint to finger paint on spots to create a ladybug. If you do not have paint, use other writing tools. When they are done, ask your child to count how many spots they put on their ladybug.  |