

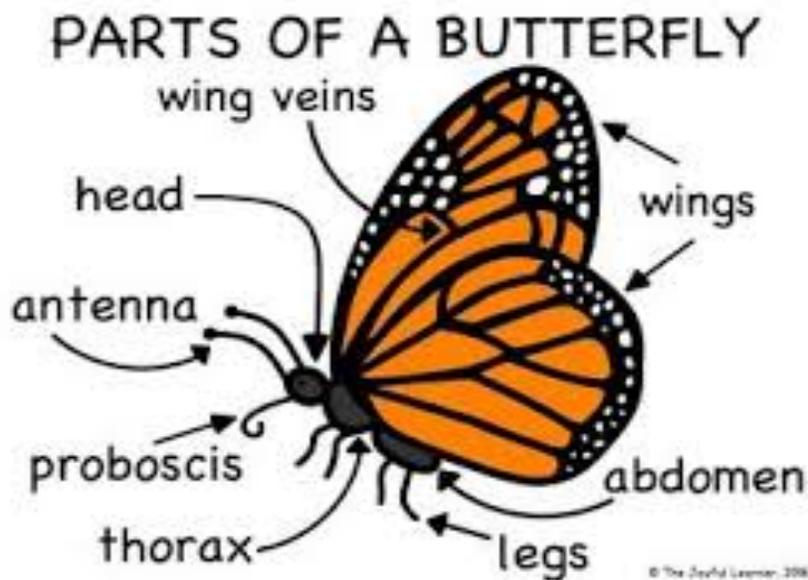
June 1, 2020

Dear StrongStart Families,

We are now entering our last month before the summer. The sun is warm and there are so many small creatures coming to life outside. This week we decided to focus our attention on Butterflies and Ladybugs. These are incredible insects that transform from egg to caterpillar creating a chrysalis and from within transforms into a butterfly or ladybug. We hope you enjoy the activities along with the science facts around this process.

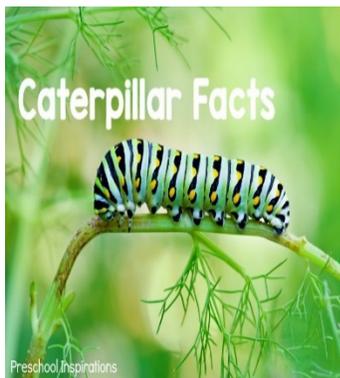
Virtual Hugs and Distant Toe Taps,

Ms. Laura, Ms. Irina, & Ms. Marian



Butterfly Facts

- The life cycle of a butterfly has 4 steps: eggs, caterpillar (larva), pupa, adult.
- Most female butterflies lay their eggs on the kinds of plants their caterpillars will want to eat – this helps make sure the young are able to start eating right after they hatch. Otherwise, they will starve.
- Some butterfly eggs hatch in a few days; others in a few months. The average is 8 days.
- Only 1 in every 100 eggs survives and hatches; the rest are eaten or die from disease.



- Caterpillars eat their own egg shell.
- Caterpillars grow as they eat, when it becomes too big for its own skin it has to shed or **molt** the old skin.
- Some swallowtail caterpillars make tents out of leaves for shelter.
- When a caterpillar reaches full size, it will **molt** to reveal a soft new body called a prepupa. The caterpillar spins silk and attaches itself to a twig or stick. His new soft body will harden to form a chrysalis



- Inside the chrysalis, the pupa changes into an adult butterfly. This transformation can take a few days for some kinds of butterflies or up to a year for others!
- The chrysalis will crack open when the adult butterfly is grown. Butterfly wings are soft and crumpled when they first emerge from their chrysalis. They have to pump blood into them and wait for them to harden before they can fly.
- Some butterflies hibernate during the winter – in caves, under leaves, inside houses, and other safe places. Adult butterflies can live from a week to over a year, depending on the species

Green leaf butterfly Craft



Kids can make butterflies using any kind of leaves but chestnut leaves work well for this craft. The shape of the chestnut leaf looks like a butterfly. The wide span of the leaf and individual leaflets of the chestnut leaf resemble butterfly wings.



Materials: chestnut leaves and a small stick

If you are using a chestnut leaf, **remove the middle leaflet**, leaving two on either side for wings.

Instructions:

1. Lay the wings over the twig. Secure the leaf to the stick by wrapping the leaf stem around it. The leaf stems are flexible and strong and can be easily twisted around the twig.
2. Wrap another stem around the top and tie it once to make the antennae.



This is the underside, showing the end of the stem tucked through the loop after it is wrapped around the twig.

This is a great outdoor activity using only natural materials. You can use string, white glue or a glue gun to help secure the leaf or stem to the twig.

The fun part is the process of exploring nature (*taking a nature walk*), gathering materials (*choosing just the right leaf and twig*) and creating a butterfly together.

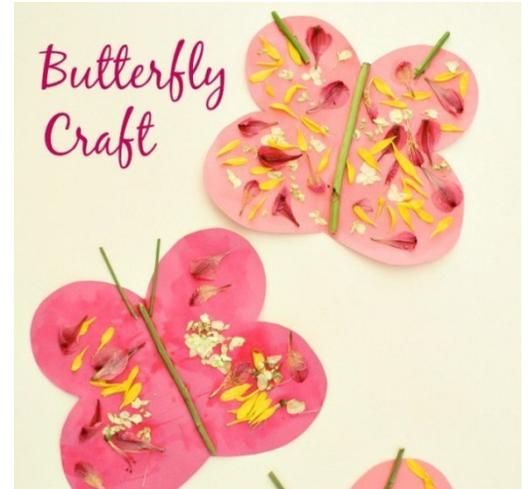
For gross motor play, kids move their butterflies up and down to soar like the other butterflies.

Flower Butterfly Craft

Cut out large butterfly shapes or have your kids practice scissor skills and have them cut out the butterfly shapes with you.

Place flower petals, glue, and pieces of the stems cut to different lengths to create bodies and antennae.

Get creative!



Butterfly Feeder

Ask your child what they *think* a butterfly likes to eat...what did they say?

A butterfly feeder is easy to make!

Materials needed

-Plastic plate, lid or plant saucer

-String, yarn or wire

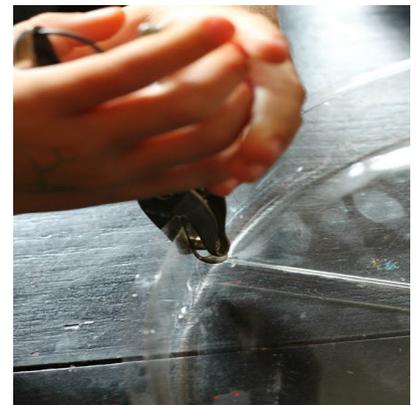
-Tape (to prevent string from fraying)

-Something to make holes in the lid to attach string and make drain holes for rain

Butterfly food; place slices of fruits dipped into sugar water. Butterflies love oranges, watermelons, mangoes, kiwis and apples

-If you don't want to use food, you can use a clean sponge soaked with sugar water

-Hang it in the yard or balcony and wait for the butterflies to come.



Life Cycle Project

Find a smooth clean stick that is approximately 6 inches long. Glue a piece of rice on the left end of their stick to represent the caterpillar's "egg." Next, glue on a corkscrew pasta for the "caterpillar." Glue a seashell pasta on next for the "chrysalis." Finally, glue a bowtie pasta on the red end of the stick for the "butterfly." Encourage children to describe the life cycle of the butterfly using their stick.



Sandwich Bag Butterfly

You will need a sealed sandwich bag, tissue paper, and a pipe cleaner for this project. Let children tear tissue paper into little pieces and put it in the bag. Close. Squeeze the bag in the middle and twist around the pipe cleaner for the body as shown. Hang from the ceiling or attach a piece of string so children can "fly" it around.

Butterfly Puppet

Take an old sock at home for this puppet. First, let them decorate the outside of the sock to look like a caterpillar. They can use markers, pompoms, etc.

Next, prepare wings using a coffee filter. Children fold the coffee filter into eighths. Using an eye drop, have them drop colored water onto the coffee filter. Open and dry. Scrunch up in the middle and fasten on a pipe cleaner for the body and antenna.

Turn the sock inside out and pin the butterfly inside. Children can begin the song about the butterfly by inserting their hand into the sock. For the "chrysalis," turn the sock inside out. As the butterfly emerges, they stick their hand in the sock to reveal the butterfly.





Classic Egg Carton Caterpillar

Gather your materials. You will need an egg carton, some paint, a pipe cleaner, some sharp scissors, a paint brush and some markers. Start by painting the egg carton. My tip with this step is to leave the whole egg carton intact even though you will only need to use half of it. It makes it easier for little guys to paint, and you to hold or tape down for them.



Add more colors of paint. My tip here is for parents to add the paint to the egg carton with really young preschoolers or toddlers.

Let the paint dry.

Cut the egg carton in two length wise.



Poke 2 holes in the top of the first section.

Thread your pipe cleaner through.

Twist the ends however you want!

Add some eyes and a mouth with markers or glue on googly eyes.



To make twisty Caterpillars you will need:

Sticks

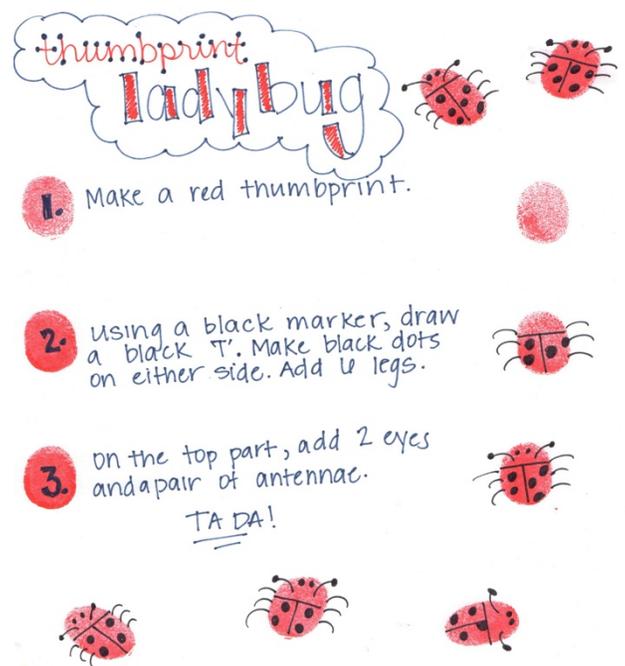
Crafty Items such as - pipe cleaners, Pom-Poms, Googly eyes, glue, glitter, sequins.

Put all your items on to a table and let your little one create.



Fun facts about Ladybugs

- Ladybugs are the symbol of good luck in many parts of the world.
- Ladybugs are actually beetles and some parts of the world call them lady beetles or ladybird beetles but we call them ladybugs.
- There are 5,000 different species of ladybugs in the world. Here in North America, the most common ladybug has an orange or red body with three spots on each side and one spot in middle and a black head with white patches and is called the seven-spotted ladybug.
- Most ladybugs have an oval, dome-shaped body with six short legs. Depending of the species they can have spots, stripes or no makings. Ladybugs live 2-3 years
- Their favourite food is aphids. Aphids eat farm crops so farmers love ladybugs because they help with these pests. Greenhouse farmers bring ladybugs into the greenhouses to protect their crops and don't need to use pesticides. One ladybug can eat up to 5,000 insects in its lifetime.
- Birds, frogs, dragonflies, wasps and spiders eat ladybugs. The reason ladybugs are so colourful is because it tells its predator that they taste terrible. When the ladybug gets scared it or feels threatened it will release an oily, terrible-tasting fluid from joints in their legs.
- The "seven-spotted" ladybug babies (larvae) are long, black and spiky-looking with orange or yellow spots. Larvae grow quickly and shed their skin several times. When they are full size, they attach to a leaf by their tail and a pupa is formed. Within two weeks the pupa becomes an adult ladybug.
- In winter ladybugs find a warm place like a rotting log, under rocks and even inside houses to hibernate. Sometimes there are thousands hibernating together.



Ladybug Dice Game

- Cut out an oval shape from red paper. Draw a line down the center and cover $\frac{1}{4}$ of the oval with black paper to create a head or draw an oval on a piece of paper, making a head and line down the center creating a ladybug.
 - Buttons, stones, beads or small objects
 - Dice
1. Decide on a number (example 12)
 2. Have children roll dice and place equal number of stones, beads etc onto the ladybug.
 3. Count and add as the dice is rolled.
 4. Call out when you get up to decide upon number



Painting ladybug rocks and counting/matching game



- Find smooth oval stones
- Paint stones with red paint or felt pen
- Add black dots
- *increase the number of dots for each stone. Make two sets.

Have child line up stones in increasing number, counting the dots
Find matching numbered stone
Or use them for imaginary play, put out leaves, fabric, wood and let your child play and explore with the ladybugs

Paper Plate Ladybug

- Cut a paper plate in half
- Paint or colour plate red
- Glue onto paper
- Glue on large circle to make head
- Draw a face
- Add dots
- Cut and glue string for le



Songs

Ladybugs Fly

Sung to the tune of Three Blind Mice

Fly, Fly, Fly.
Ladybugs Fly
Fly over here.
Fly over there.
They fly up high and they fly down low.
Around and around and around they go.
They fly fast and they fly slow.
Oh, ladybugs fly.

Caterpillar's Story finger play

A caterpillar crawled to the top of a tree

(Hold up right hand. Wiggle index finger on
Left hand like a caterpillar and crawl up arm.)

I think I'll take a nap said he. (Wiggle index finger again)

Under a leaf he began to creep (Wrap fingers from right hand
around left index finger.)

He spun a chrysalis and went to sleep.

Spring came along, shook him and said, (Shake left index finger.)

"Wake up, wake up, you sleepy head."

Out of the leaf he spread his wings to fly, (Hook thumbs together and spread fingers in the air
And flutter like wings)

"Look at me! Look at me! I'm a butterfly!"

The Little Caterpillar song

(to the tune of The Itsy-Bitsy Spider)

The little caterpillar snuggled on a leaf,
Spun a little chrysalis and then fell asleep,
While she was sleeping, she dreamed that she could fly,
When she woke up, she was a butterfly

Ladybug, Ladybug

Ladybug, ladybug,
Fly out of the farm,
And land right



On my little arm!
Ladybug, ladybug,
Fly out of the tree,
And land right



On my little knee!
Ladybug, ladybug,
Fly out of your bed,
And land right



On my little head!
Ladybug, ladybug,
Fly out of the rose,
And land right



On my little nose!



Hungry Caterpillar Song

Seasonal Songs in Aktion by The Learning Station

I'm a very hungry caterpillar crawling around,
Eating everything in sight that can be found.
I'm weaving a cocoon on a good size twig,
And I'm starting to get real big.



I'm eating so much, you can hear me chew.
Chomp, chomp, chomp's all I want to do!
So much that I just can't stop.
I'm afraid that I might pop! *Pop!*



I'm a butterfly flying about.
I'm beautiful, I want to twist and shout. *Hey!*
I'm a butterfly; it's a brand new day.
And I still hear my little friends say...

[Repeat]

<http://www.youtube.com/watch?v=qf4f0v1ygl>

Five Little Ladybugs

Five little ladybugs sitting in a tree,
The first one said, "I'm glad I'm me."
The second one said, "I feel great too."
The third one said, "How about you?"
The fourth one said, "It's time to fly away."
The fifth one said, "We'll talk another day."



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Kids Yoga Series: Butterfly Life Cycle by Samantha King ...

This is a wonderful kids yoga series that helps to strengthen kids' bodies, improve their self-awareness, inspires imagination, and helps them learn the life cycle of a butterfly.

Before you begin, you may want to show the kids a diagram or book to explain briefly about the life cycle stages of a butterfly and how we can pose out bodies to look like this....

Pose 1: Butterfly Egg Pose



Curl up in a seated ball. Tell the children they are butterfly eggs stuck on a green leaf.

Ask the kids to close their eyes and take 10 deep breaths. Mention that with each breath their inner power grows and grows. Count down from 10 for them.

* To make it more playful as you count, mention there is a rainstorm, or windstorm, ending with a sunny day.

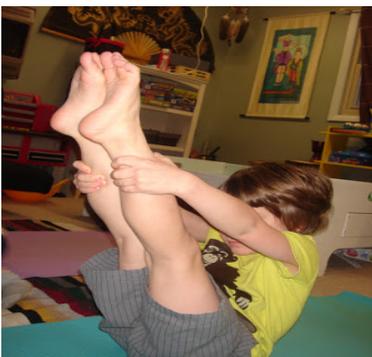
Pose 2: Caterpillar Pose

From butterfly egg, slowly grow out of the egg by straightening your eggs and leaning back. This will work core muscle strength.

Encourage kids to keep their lower back on the ground and lift their head and upper backs. Younger kids can put their hands down.

Wiggle side to side like a caterpillar.

* Have more fun, you can encourage kids to "munch munch munch" with their mouths on a leaf.



Pose 3: Chrysalis Pose From caterpillar, rest head and feet on the ground for a moment. Then using core strength again, lift feet and head up in the air, grabbing onto legs. Legs can be bent.

Encourage kids to again breathe deeply in their cocoon, gathering inner power to transform into a butterfly with each breath.

Count down from five.

Pose 4: Baby Butterfly Pose



From chrysalis, put your legs down and open them to the side, with feet together into *the* “baby butterfly” pose. Have kids test out their wings and tell them the butterflies are very hungry. It’s time to find food! Ask, what does the butterfly eat? Where are we flying to?

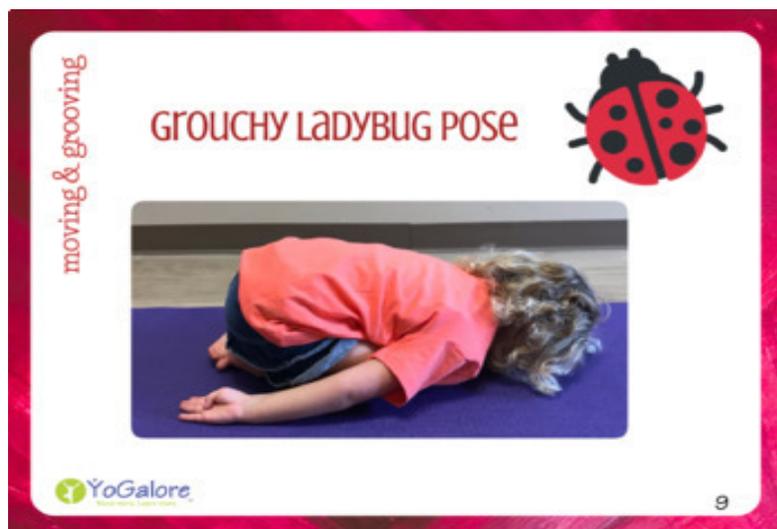
Pose 5: The Adult Butterfly Pose: From baby butterfly, have kids’ breath five deep breaths and on the last one, grown their adult wings. Legs can be bent. It’s easy to roll back here, so encourage kids to come up again if they roll out.

Ask the kids where the adult butterflies are flying to today? To complete the cycle, tell the kids the butterflies lay eggs, and go back into butterfly egg pose.



Pose 6: Grouchy ladybug pose

Sit down, cross your legs, and try to touch your nose on the floor, try to put your hands behind your bottom. Hold for 10 seconds, take 3 deep breaths.





Butterfly Bites snack

Children will enjoy assembling and eating this butterfly. You will need celery cut in 4" pieces, cream cheese, (or peanut butter) pretzel twists and straight pretzels. Fresh or frozen peas. First, spread filling in the hollow part of the celery. Insert two pretzels on either side for wings, straight pretzels for antennae and peas for eyes.

Ladybug Apple Snack

Two red apples

¼ Cup Raisins

1 Tablespoon Peanut or Almond Butter

8 thin pretzels

Directions

Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.

Dab peanut butter on to the back of the 'ladybug' then stick raisins onto the dabs for spots.

Use this method to make eyes.

Stick on end of pretzel stick into a raisin, then press the other end into the apple to make antennae.



Snack bags:

You will need: sandwich bags, bag clips or clothes pins, markers or googly eyes. Pipe cleaners for antennae.

Place foods you desire on each side of bag, close, fold over and clip in the middle, colour and add eyes. Add antennae!