

The Very Hungry Caterpillar Activity Ideas



Puppet show: For this you will need a clean white sock for each child and some fabric paint. Ask the children to decide on a design for their caterpillar and then carefully paint it onto the sock. You can then use these sock puppets to retell the story or encourage the children to make up their own.

Drama: This activity is good for helping children to understand the lifecycle of a butterfly. First of all you have to give each stage a body movement:

Egg: Ask the children to bend down and hold onto their ankles and curl their bodies up into the shape of an egg.

Larva: Lie on the floor and squirm around like a worm

Pupa: Have lots of sleeping bags or pillow cases lying around and ask the children to climb inside, they also need to be holding some kind of colourful scarf or tissue paper for the next stage of their transformation

Butterfly: The children emerge from their cocoons waving the scarfs or tissue paper around like wings.

Make your own caterpillars: This very simple exercise involves cutting up some used egg boxes and threading a piece of cotton between the sections. You can then ask the children to decorate their 'caterpillars'.

Cooking: Try encouraging the children to make their own caterpillars using different types of food. An ideal choice for this is salad, as you can use cucumber slices for the body and a tomato slice for the head. Try experimenting with different food types, especially fruit and vegetables as it might help you encourage reluctant eaters to try something new.

Memory games: Take a number of items from the story (i.e. an apple, a banana, a cake) and ask the children to have a look at them all and remember what's there. Then cover the items with a sheet and take one of them away. Now see if the children can remember what else should be there.

Making butterflies: Ask the children to paint a caterpillar on a clothes peg and then put it inside an empty toilet roll (this will act as the cocoon). Make a big deal about leaving the caterpillar for a week for so to 'grow' and then when the children aren't around peg some colourful tissue paper to each one and roll it back up into the cocoon. Then when the time has come the children can unwrap their caterpillars to find that a butterfly has miraculously taken its place.

Mathematics: This is a great book for helping bring maths into the classroom, because the story is full of counting! Have a look at our Very Hungry Caterpillar [maths resources](#) and try printing a few out to see how the children get on with them.

Understanding the world: You can use this story as a springboard for talking about the lifecycle of a caterpillar and discuss it during circle time, we have some beautifully illustrated resources that you could use [here](#).

