



Nature Tots

At home

Butterflies

This is a suggested list of learning activities that you can do at home, all linked to a specific local wildlife theme. The plan has been created with under fives in mind but may be appropriate for other ages.

Book suggestion

The Very Hungry Caterpillar, by Eric Carle

This classic book is a great starting point for young children on the theme of butterflies. The big reveal at the end will spark children's imagination about their metamorphosis. If you don't have the book you can watch and hear it read aloud [here](#).

Make a caterpillar

Natural materials

See if you can find natural materials to make your own caterpillar in the garden. Or you could make one for your lunch with fruit and veg such as cucumbers, tomatoes and grapes.



Nature Tots at Home

Butterflies cont.

Gloucestershire
Wildlife Trust



Chrysalis wrap

Toilet paper, or a long scarf or blanket

Pretend you are a caterpillar getting ready to change into a butterfly. Wrap yourself up from head to foot, talk about where you would stay safe during this time, hanging from a plant or under the soil?

Painting butterfly wings

Paint or mud, a brush or anything that can be used as a brush, paper

Fold the paper in half, paint the wings on one side and fold over. Add the wings and antenna when the work is dry.

Butterfly catching

A net and magnifying glass

In spring and summer, butterflies are relatively easy to see in natural spaces. See if you can get close to one without it flying off, can you take a photograph? If you can get a net you may be able to catch one but remember to supervise your children carefully and make sure the butterfly is not harmed and released promptly. Are you able to ID what type of butterfly it is? What does it eat?





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More information

[Find out more about butterflies in the UK here.](#)

Fact: did you know that butterflies are UK's most studied insect? Their numbers gives us an insight into the changing state of the UK's biodiversity.

Spotter sheets

[Download a free spotter guide to caterpillars here.](#)

[Download a free spotter guide to butterflies here.](#)

Links to the Early Year
Foundation Stage Framework

- Communication and Language – Understanding the World

