

# At Home with Nature

Nature doesn't just happen in a park; it can happen right at home!



A resource for **PRESCHOOL** and **EARLY ELEMENTARY AGE CHILDREN** so they may feel right **AT HOME WITH NATURE**.

## Metamorphosis Madness

Videos, activities, stories and songs celebrating the amazing changes of **BUTTERFLIES** and **FROGS**.

### Let's Get Started

Enjoy this video and discover how some creatures grow and **CHANGE** in **BIG WAYS**!

<https://youtu.be/s2GQoy0EA9w>



### Literacy Connection

Enjoy two poems: *Metamorphosis through the ABC's* and *If You Should Look Closely at a Pond* (provided by the Vermont Institute of Natural Science.)

<https://youtu.be/iuTISEJiYEW>

### Music and Movement

Sing along and move like butterflies and frogs as they grow and change.

<https://youtu.be/P3Sa40qdnZU>



### Math Connection

Preschoolers count as caterpillars become butterflies.

[https://youtu.be/Dp\\_Hu14jr7E](https://youtu.be/Dp_Hu14jr7E)

Older children compare their jumping ability to that of a Green Frog.

***Directions are below.***

### Creative Expression

Use a variety of pasta shapes to explore the life stages of butterflies and then enjoy a family dinner...science never tasted so good!

***Directions are below.***

### Let's Explore Outdoors

Take the learning outdoors with memorable family activities.

***Details are below.***

# Math Connection



## Frog Jumping

*Frogs are excellent jumpers. An inch-long Spring Peeper can jump 17 inches in a single leap. A Green Frog can jump 10 times its length.*

**For Preschool Children:** Cut some “lily pads” from green paper and number them 1 through 10. Tape them to the floor and invite your child(ren) to jump like a frog from one lily pad to the next while counting to 10.

**For Older Children:** Using a tape measure, measure how far your child can jump. Compare the length of the jump to your child’s height. Calculate how far your child would need to jump to match a Green Frog’s ability. ( $10 \times \text{your child's height}$ ) Help your child to measure out this length. ***What a jump this would be!***

# Music and Movement



## The Metamorphosis Song

**We're singin' meta-meta-meta-mor-pho-sis.** (tap hands on legs)  
**Time to grow.** (stretch out one arm, like a wing of a butterfly)  
**Time to change.** (stretch out your other arm)  
**Time to rearrange.** (flap your arms like you are flying)

**We're singin' meta-meta-meta-mor-pho-sis.** (tap hands on legs)  
**Time to grow.** (squat like a frog)  
**Time to change.** (get ready to jump)  
**Time to rearrange.** (jump like a frog)

## The Butterfly Song

*Sung to the tune of "I Like to Eat, Eat, Eat Apples and Bananas"*

**I start my life, life, life, as a little egg.** (curl into a ball)  
**I start my life, life, life, as a little egg.**  
**Then I hatch, hatch, hatch into a caterpillar.** (emerge from a ball and wiggle)  
**Then I hatch, hatch, hatch into a caterpillar.**  
**Then I eat, eat, eat, I eat lots of leaves.** (pretend to eat)  
**Then I eat, eat, eat, I eat lots of leaves.**  
**Then I sleep, sleep, sleep, my body, it is changing.** (pretend to sleep)  
**Then I sleep, sleep, sleep, my body, it is changing.**  
**Then I wake, wake, wake and dry my brand-new wings.** (stretch and flap your arms)  
**Then I wake, wake, wake and dry my brand-new wings.**  
**Then I fly, fly, fly because I'm a butterfly.** (pretend to fly)  
**Then I fly, fly, fly because I'm a butterfly.**

# Music and Movement



## The Tadpole Song

*Sung to the tune of "Kukaburra"*



**The tadpole swims in the pond all day, (move with your arms close to your sides)**

**Swishing his tail every way.**

**Swim, tadpole.**

**Swim, tadpole.**

**How fun your life must be.**

**Tadpole soon grows four long legs. (squat down like a frog)**

**He climbs on a lily pad and jumps away.**

**Jump, little frog. (jump)**

**Jump, little frog. (jump)**

**How fun your life must be.**



# Creative Expression



## Metamorphosis for Dinner!

### Materials Needed:

Orzo pasta  
Glue/Tape  
Green paper leaves  
Spiral shaped pasta  
Shell shaped pasta  
Bowtie shaped pasta  
Markers  
Chenille stems

### Directions:

- Glue a few uncooked orzo pasta pieces to leaves cut from green paper. These represent butterfly eggs.
- Color uncooked spiral pasta with markers and add chenille stem antennae. These represent butterfly larvae or caterpillars.
- Color uncooked shell pasta. These represent a butterfly's chrysalis in its pupa stage.
- Color uncooked bowtie pasta with markers and add chenille stem antennae. These represent butterfly adults.
- Prepare and eat the remaining pasta at dinnertime while recalling the various life stages of a butterfly!





# Let's Explore Outdoors



## Looking for Lifecycles!

Spring is a great time to look for animals, young and old. Search the trees for birds and busy squirrels, peek among shrubs for butterflies and ladybugs and seek grasshoppers and crickets among grassy spaces. Look for fuzzy caterpillars crawling on sidewalks, look for leaves chewed upon by hungry larvae. Listen for frogs near a pond or wetland. As creatures are discovered, decide which life stage each creature may be in. Are the creatures you spotted ones that grow and change in gradual ways or are they “big changers”?

## I Believe I Can Fly!

**This family activity will be a memory maker! Using aluminum foil, make a pair of antennae for each family member. Roll and twist a long piece of foil into a headband. Roll and twist shorter pieces into antennae leaving the ends flat. Wrap the flat ends around the**

**headband.** *Antennae are important for insects. Insects use their antennae for feeling, smelling, tasting and sometimes even hearing what is around them.*

**To create butterfly wings, tie scarves or streamers to each family member's waist. Butterflies have wings that are symmetrical, or mirror match each other. If you happen to have a few party blowers at home, these make great butterfly mouthparts. A butterfly has a straw-like mouthpart that coils up when not in use. It is called a proboscis.**



**Now, dance and move like butterflies. Play “Follow the Leader Butterfly.”**

**Ask your child(ren) to answer this question, “If I could fly, I would...”**

# Let's Explore Outdoors



## Mother Nature's Magic!

**Watching metamorphosis is an amazing experience for children. This activity takes effort but can impress for a lifetime.**

**Create a temporary caterpillar habitat using a very large jar or a plastic box. Put an inch of soil in the bottom and lean some sticks in the container. You will need to create a screened lid or other cover with ventilation for your container.**

**Caterpillars need fresh food every day and they are often fussy eaters, eating only certain kinds of leaves. When you find a caterpillar be sure to know the plant it was feeding on and give it only that type of leaf. Supply fresh leaves every day. Caterpillars have big appetites!**

**When it is time to either spin a cocoon or form a chrysalis, some caterpillars will attach themselves to a twig and others will burrow into soil.**

**Once the moth or butterfly emerges, you can observe it for a day or so and then, at last, it is time to release your winged creature.**