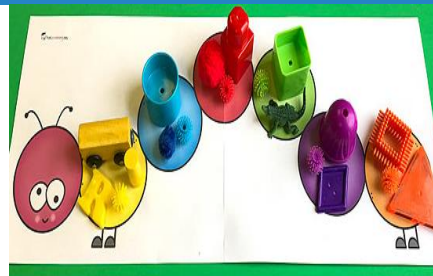
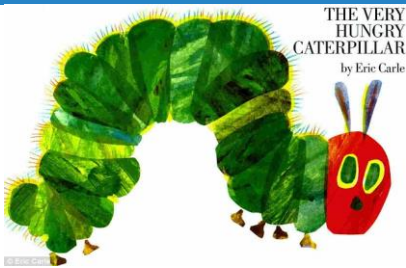


The Very Hungry Caterpillar By Eric Carle



Where to Find the Book

If you do not have a copy of *The Very Hungry Caterpillar* at home, you can find versions online at:

<https://www.youtube.com/watch?v=75NqK-Sm1YY> (online video)

<https://www.youtube.com/watch?v=vkYmvxPOAJI> (author Eric Carle reading his story)

https://www.youtube.com/watch?v=z_1LuBLZaFY (Daddy and Grace Storytime. A Dad is reading this book to his daughter.)

Caterpillar Color Matching

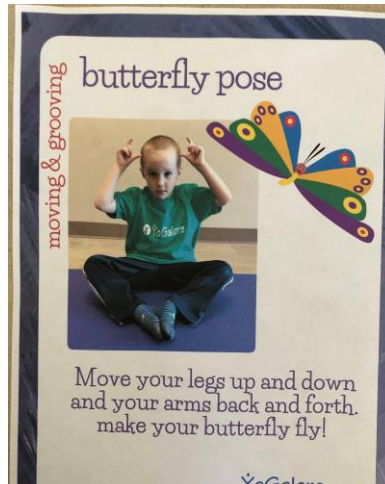
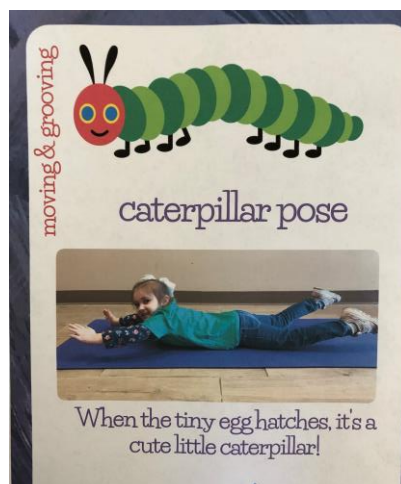
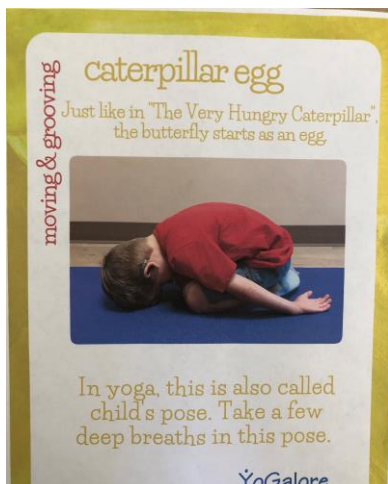
Help your child practice color matching. You can use the caterpillar mat provided below or create your own. If you have older children, ask them to draw the caterpillar mat for the younger children.

Have the children go around the house and collect objects to match each color and place them on the mat. To return the items back to their proper place, set a timer and see if they can return all the items before the time runs out. That is a great way to add physical activity to this color's game.

Caterpillar Snack

Eat a caterpillar! Invite the children into the kitchen to help prepare their own healthy caterpillar snack using cucumber and tomato slices to create the body. The caterpillar is resting on a nice bed of lettuce greens.

Would you like to do the same idea with fruit? Use kiwi slices for the caterpillar body and strawberry for the head.



Caterpillar Yoga

Online Physical Activity Resources for Families

Go Noodle is a website that has children's music that gets kids moving. They also have short exercise videos. You can find them at <https://family.gonoodle.com/>.

You can follow JAMaROO Kids on Facebook for weekly morning circle times, and music classes. They have specific events during the week for toddlers. They have resources on their website also. You can find them at <https://www.jamarookids.com/>.



Color Matching Mat

