

# Opening the Gift

## All A-Flutter



- Flutter, Butterfly!** by Shelby Alinsky
- Caterpillar and Bean** by Martin Jenkins
- Fly, Butterfly, Fly!** by Dana Meachen Rau
- Calm With the Very Hungry Caterpillar** by Eric Carle
- Traveling Butterflies** by Susumu Shingu
- Caterpillar Dreams** by Clive McFarland
- Butterflies** by Martha E. H. Rustad
- Waiting for Wings** by Lois Ehlert

## Nursery Rhyme: Rain Rain Go Away Songs & Fingerplays to Share



Video: "Butterfly Wings " by Dance n' Beats [https://www.youtube.com/watch?v=Lkza\\_tRINRE](https://www.youtube.com/watch?v=Lkza_tRINRE)

### Five Little Butterflies



Five little butterflies on flowers galore,  
 One flew off, then there were four.  
 Four little butterflies among the sweet peas.  
 One flew off, then there were three.  
 Three little butterflies with nothing to do.  
 One flew off, then there were two.  
 Two little butterflies resting in the sun,  
 One flew off, then there was one.  
 One little butterfly, now the only one,  
 She flew off, then there were none.

[www.preschoolexpress.com](http://www.preschoolexpress.com)

### I'll Plant a Little Seed

(tune: I'm a Little Teapot)

I'll plant a little seed  
 in the dark, dark, ground.  
 Out comes the yellow sun,  
 big and round.  
 Down comes the cool rain,  
 soft and slow.  
 Up comes the little seed,  
 grow, grow, GROW!



### The Life of a Butterfly

(tune:: Skip To My Lou)

I'm a caterpillar, wiggle with me,  
 I'm a caterpillar, wiggle with me,  
 I'm a caterpillar, wiggle with me,  
 What'll I be my darlin'?

A chrysalis, now sleep like me,  
 A chrysalis, now sleep like me,  
 A chrysalis, now sleep like me,  
 What'll I be my darlin'?

A butterfly, come fly with me,  
 A butterfly, come fly with me,  
 A butterfly, come fly with me,  
 What'll I be my darlin'?

Now all together, let's do all three!  
 Now all together, let's do all three!  
 Move your body like this with me,  
 The life of a butterfly, darlin'!

[prekfun.com](http://prekfun.com)

### Sleepy Caterpillars

Let's go to sleep the little caterpillars said.  
*(bend ten fingers into palms)*  
 As they tucked themselves into their beds.  
 They will awaken by and by,  
*(slowly unfold and hold up fingers)*  
 And each one will be a lovely butterfly.  
*(hands make flying motion)*



### Butterfly Song

Butterfly, butterfly,  
 pretty, pretty butterfly.  
 Flying here and flying there,  
 flying everywhere.

When I see you flap your wings,  
 I know that its time for spring.  
 Butterfly, butterfly,  
 pretty butterfly.

Mother Goose Club Playhouse Songs & Rhymes

<https://www.youtube.com/watch?v=JZpB4zvt-o>



# More Books to Share:

- Bob and Otto** by Robert O. Bruel
- Monarchs and Milkweed** by Helen Frost
- Great Migrations: Butterflies** by Laura Marsh
- Glasswings: A Butterfly's Story** by Elisa Kleven
- Monarch Butterflies** by Laura Hamilton Waxman
- The Very Impatient Caterpillar** by Ross Burach
- A Butterfly is Patient** by Dianna Hutts Aston
- The Very Hungry Caterpillar** by Eric Carle
- Creeping Caterpillars** by Robin Nelson

## Activity Ideas:

**Butterfly Life Cycle Sensory Bin:** Place rotini, shell, and bowtie pasta in your sensory bin (if you can find multicolor pasta, all the better! If not, you can dye pasta by placing the desired amount in a plastic bag, squirting in liquid watercolors or food dye until the pasta is the desired color, then spreading it on paper towels to dry). Each type of pasta represents a different aspect of the butterfly life cycle. The curly rotini is a "caterpillar", the shell pasta is a "chrysalis", and the bowtie pasta is a "butterfly". With this bin, children can talk about what happens after a caterpillar emerges from an egg. This is a hands-on way for them to retell the life cycle with their peers. Children can also sort the pasta by color, then move on to sorting by shape. Count the pieces in each batch! *Excerpted from pre-kpages.com*

**Seeds in the Wind:** For a large motor activity, take the children outdoors and provide them with several types of seeds that travel with the wind (such as milkweed, dandelions, cattails, and so on). Challenge children to blow on the seeds and see how long they can keep the seeds in the air.

*My Big World of Wonder: Activities for Learning About Nature and Using Natural Resources Wisely* by Sherri Griffin



## Book of the Month:

**Stand Tall Like a Mountain: Mindfulness & Self-Care for Children & Parents** by Suzy Reading

PTC 158.1 R

We teach our children how to brush their teeth and cross the road safely; this book is about broadening their toolkit to include emotional first aid. Suzy Reading introduces practices to encourage noticing emotions, feeling calm, expressing feelings, falling asleep more easily, coping with anger and feelings of anxiety and nurturing confidence and kindness.

Stand Tall Like a Mountain is specifically designed to help parents empower their children to:



- Learn tools for dealing with everyday emotions
- Express how they are feeling
- Learn about their bodies and minds in easy-to-read and understandable language
- Develop tools for nourishment and coping with challenges
- Use easy and fun yoga poses to promote positive feelings

Children are natural masters of curiosity and mindfulness, so the learning is not a one-way street. The book encourages parents to observe and seek opportunities to learn from their children too.

## Road to Reading Tip:



### Let's All Sing!

- Use songs and fingerplays to:
- Improve children's motor skills and coordination.
- Help children to observe and follow along.
- Teach concepts (body parts, counting, up/down).
- Help children learn about rhyming.
- Have FUN!

[http://www.hclib.org/BirthtoSix/EarlyLit\\_Puppets.cfm](http://www.hclib.org/BirthtoSix/EarlyLit_Puppets.cfm)

