



## April Storybook Lesson

### The Very Hungry Caterpillar

By Eric Carle

The Very Hungry Caterpillar Book by Eric Carle is a classic story using repetition and rhyme to support early literacy skills. This book follows the progression of a hungry little caterpillar as he eats his way through a variety of large quantities of foods. When he is full at last, he forms a cocoon around himself and goes to sleep. You and your child can experience the transition of a caterpillar becoming a wonderful and bright butterfly.

This book is an excellent example of not reading the words of the book – but pointing out illustrations. The more emotions you use while experiencing the book together, will encourage early literacy and creating memories. Being silly, funny, and playing support your child's learning in ways that will make you smile and help them grow. Have fun!

#### Activities you can do at home to support this book

1. **Family Mealtime-** Explore new textures of foods together. Look closer at what the hungry little caterpillar is eating. What foods can you eat and enjoy together as a family? Family meals provide valuable time to build relationships, talk about what is important, and enjoy healthy foods. Time together gives many lasting benefits. Positive mealtime is split into two roles. The PARENT'S role is to provide the time, place, and healthy food options in proper portions. The CHILD'S role is to decide whether to eat, what to eat, and how much to eat.
2. **Allow your child to have control of storytime** – Flipping through the pages on their own and using a strong point in the holes eaten by the caterpillar. Describing the food using all senses (taste, smell, texture, sound).
3. **Transition to a Butterfly** - A tiny caterpillar emerges from an egg and begins eating everything in sight. Finally, it is no longer hungry and no longer small. The giant, fat caterpillar builds a cocoon around himself and finally emerges as a beautiful butterfly.
4. **Art project** – Creating art together encourages imitation of motor skills and language development. Additionally, the ability to follow directions and problem-solving skills is encouraged.



Caterpillars: use discarded egg cartons, pipe cleaners, paints, or markers.

- Cut apart a carton to make a six-hump caterpillar.
- Paint the carton, including a face on one end.
- Poke two holes for antennae and insert pipe cleaners.
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Butterflies: use basket-shaped coffee filters, paints, pipe cleaners.

- Fold the filter in half, then open it again.
- Drip paint on the centerfold. Let it spread and dry.
- Pinch the filter in the center, then wrap a pipe cleaner around it to be the butterfly's body.

#### Some tips for reading with toddlers

1. Find a comfortable place to sit together with the book
2. Be flexible in how you read the book – your child may be more into the pictures or not wanting to sit for too long.
  - a. Skip the words, talk about the pictures
  - b. Show your child things that are familiar to their world
  - c. Be silly in your voices and facial expressions – this is a great way to encourage imitation with your child
  - d. Skip pages – do the pages that your child finds interesting at first and slowly add to the story as your child engages more.
3. It is OK to never read a single word in a book and instead focus on the pictures, the familiar and move at your child's pace/attention