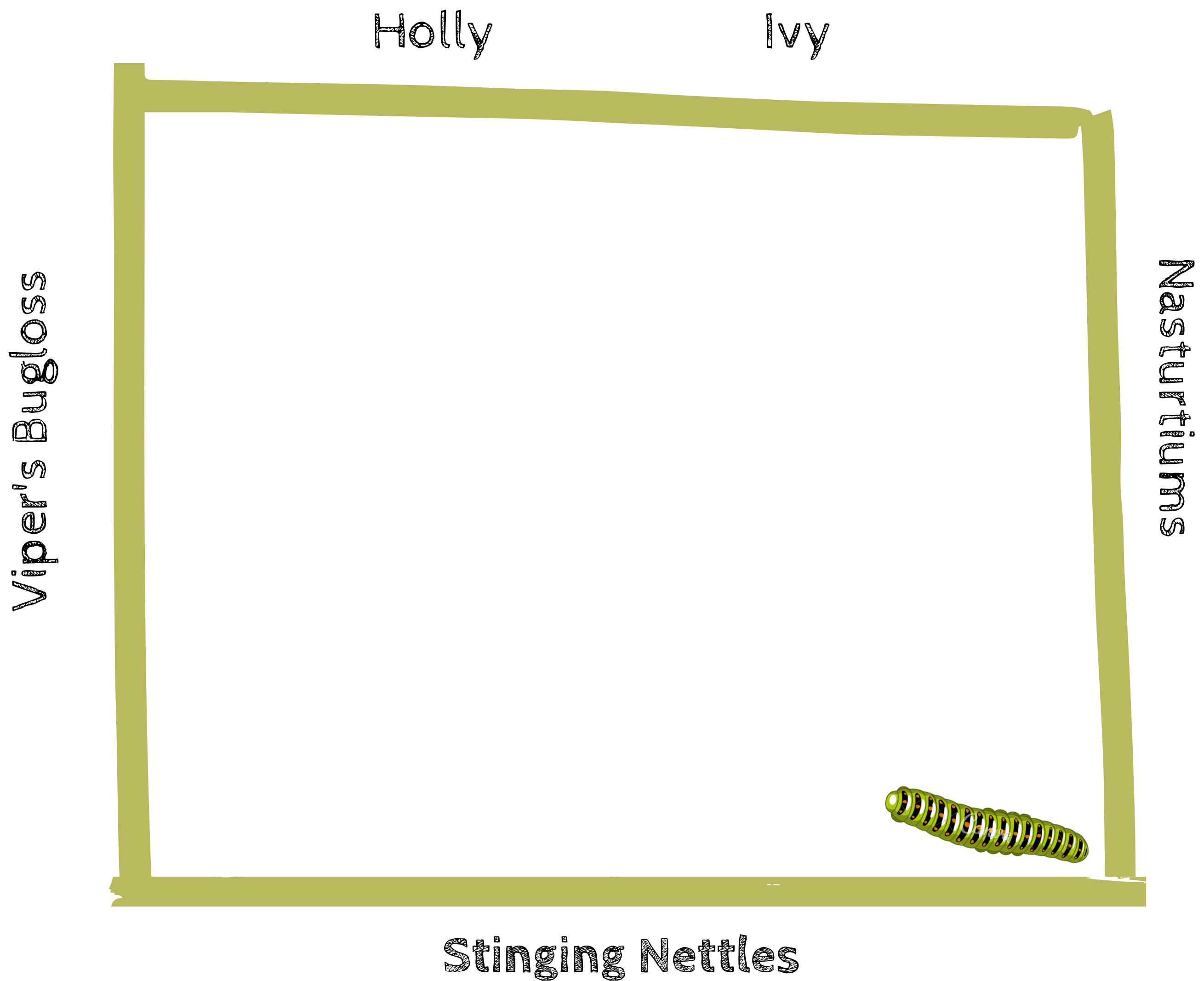




Caterpillars, Butterflies & Moths Activity Pack

This pack explores the wonderful world of caterpillars, butterflies and moths with fun facts and craft ideas.

Every butterfly and moth starts off their life as a caterpillar. What do you think caterpillars like to eat? Draw a caterpillar picnic with the activity below.

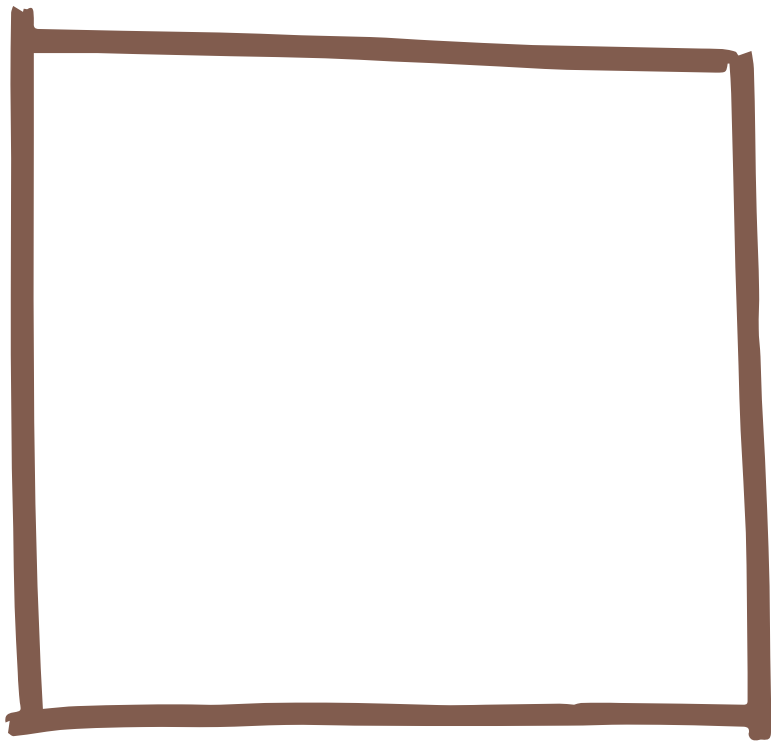


Ask an adult to help you search for examples outdoors (or images online) of the caterpillar's favourite leaves. Complete the caterpillar picnic by copying the shapes and colours of the plants you have found.

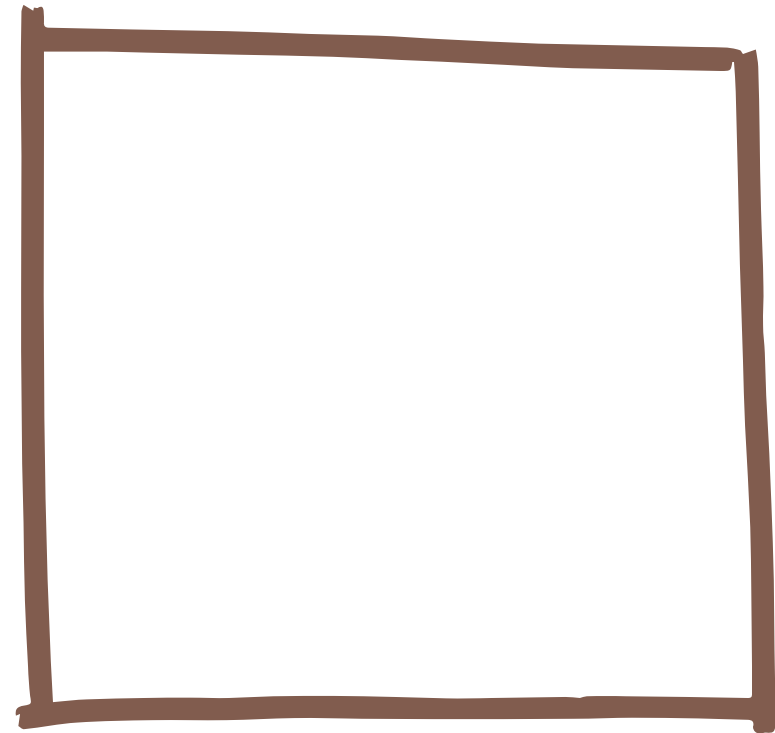


Life Cycles

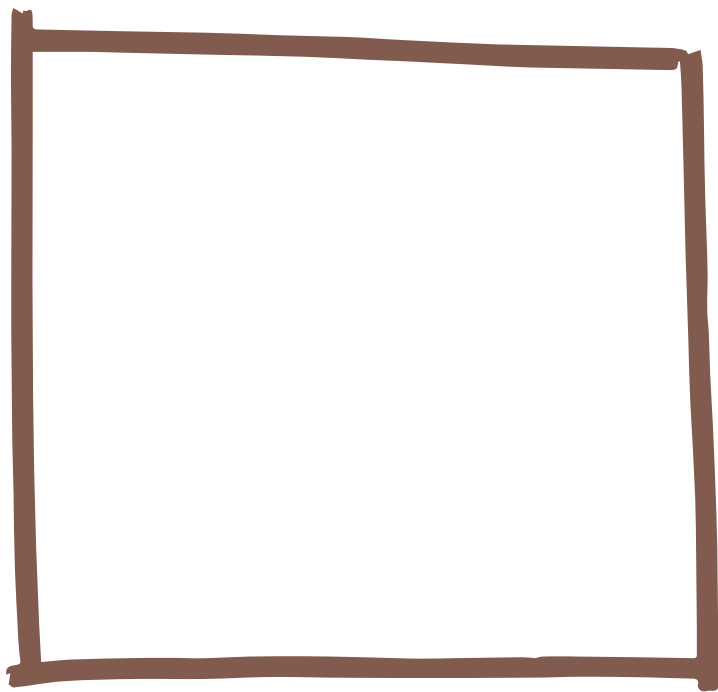
Some butterflies and moths complete this cycle twice a year, some only once. Can you draw pictures to complete the cycle?



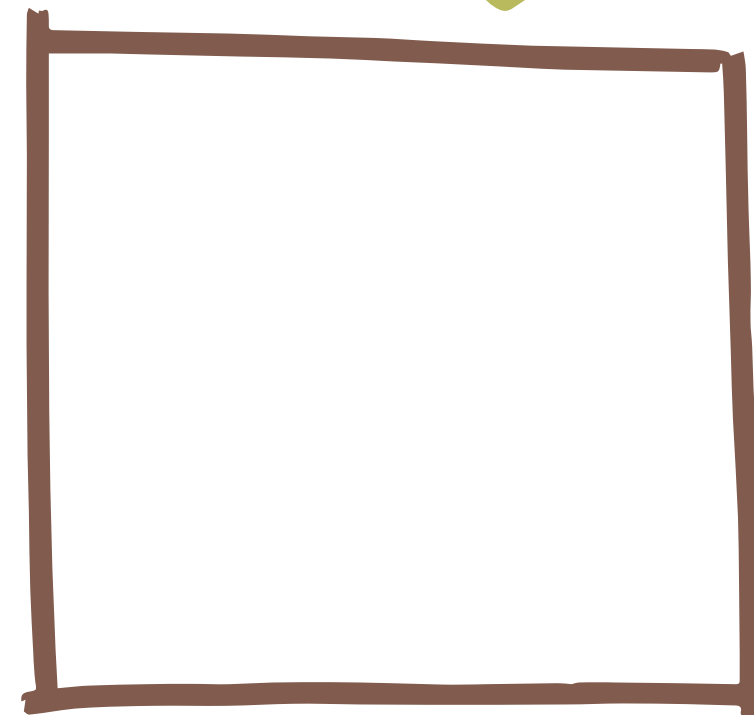
Butterflies lay tiny eggs on their favourite leaves.



Caterpillars hatch from the eggs and grow bigger, eating leaves.



The caterpillar hatches out of the chrysalis as a butterfly or moth.
We call this amazing transformation a *metamorphosis*.



Caterpillars attach themselves with silk to a branch, their skin hardens to form a chrysalis. A change happens inside.

Key Word

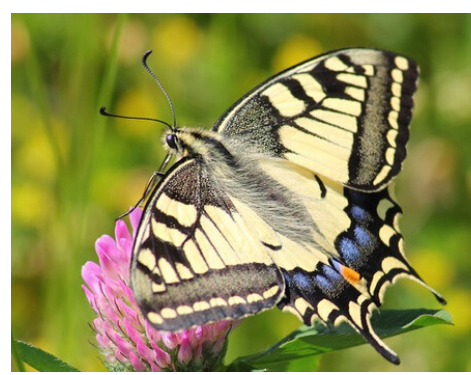
Metamorphosis means to change form. 'Meta' means "change" and "morph" means "shape" in ancient Greek. Maybe you know some superheroes who have powers of metamorphosis?

What's the difference between a chrysalis and a cocoon?

A chrysalis is the hardened layer of skin that all caterpillars and moths form around themselves to protect them during metamorphosis.

Cocoons are only made by some moth caterpillars, it's an extra layer of silk they weave around themselves for protection. We get our silk material from the cocoons of the silk moth.

This is what the beautiful swallowtail butterfly looks like at different stages of its life cycle. You may see one if you live in or around Norfolk. Can you number these pictures from egg (1) to adult (4)?





Cardboard Butterfly

You will need:

- cardboard
- loo roll/ kitchen roll tube
- pen, paints & brush
- sellotape or glue
- any other decorations e.g. sequins, pipe cleaner, cotton wool, beads optional

1. Research different butterflies and moths to decide which patterns and colours you like. Butterfly-conservation.org and the wildlife and woodland trust websites are excellent. Ours was inspired by the 'holly blue' butterfly. Notice that the patterns on butterflies' wings are the same on opposite sides.
2. Draw one half of the butterfly on your cardboard, fold the cardboard over along the centre and cut out the wings so the two sides of the butterfly are identical. This is a good point to talk about the idea of symmetry.
3. Paint your pattern on one half of the butterfly using plenty of paint, then fold it over and press down hard to get the same pattern on the other side. Touch up the other side so it is symmetrical.
4. Now paint and stick down your cardboard tube on the middle of the butterfly to be its body. Maybe you've noticed that butterfly and moth bodies are sometimes furry, you could add ripped up cotton wool to your paint to make it lumpy.
5. Complete your butterfly's body by fixing two antennae and a tongue - called its proboscis - to the inside of the cardboard tube. Now it can sip nectar!
6. Finish off any decorations, leave to dry and then take it for a fly around.



Craft time

Egg carton caterpillar



You will need:

- egg carton box
- scissors
- paint
- more decorations optional e.g. googly eyes, sequins, cocktail sticks for spikes, buttons for feet, cardboard for mandibles



1. Look closely at pictures of caterpillars - the woodland trust has some more good pictures on its blog post 'British caterpillars'. Notice how they all look very different: some spiky, some hairy, some smooth, and they come in lots of colours and patterns.
2. See if you can tell apart the different parts of a caterpillar: do you know they have a head with 12 weak eyes and a chewing mouthpart called a mandible - the mandible has sideways teeth inside for chewing through leaves. They also have many pairs of little legs, but only six of these are 'true legs' they will keep as a butterfly. The others are called prolegs that help them cling to leaves.
3. To make your own caterpillar, cut through the egg box to get a straight line, make sure you leave some surface on both sides of the bottom of the line so it can still stand up.
4. Paint your caterpillar and add any features you want to, like legs and prolegs, mandibles and eyes.



Butterfly wings

Adult help needed for this one.

You will need:

- ribbon, lace or elastic for armbands
- needle and thread
- 2 to 4 wire coat hangers
- wire cutters
- thick tape such as duct or electrical tape
- 1-2 pairs adult tights for wing fabric
- paints and optional glitter, sequins, fabric offcuts to decorate

1. Ask an adult to take the wire coat hangers and cut off the hook, leaving the part where the wire is twisted together. You should be left with just a short spiral section and the triangle of wire.
2. Using your hands and/or pliers bend rest of the hanger in to a wing shape. Repeat for the other 1-3 wings.
3. Overlap the twisting wires and fix the two wings together with your thick tape, going over any sharp edges well. If doing four wings, fix two together at a time, then attach the two pairs of wings together by turning the tape vertically. You've made your frame.
4. Take your tights and snip off the legs at the hips. Pull fabric tight over the wings, leaving some excess to cross over in the middle.
5. Cut off the amount you need and tidy the edge by rolling up the fabric and sewing or tying in place. Do the same in the centre to tighten the fabric across the wing or use another length of tights to tie a bow around the middle to tidy it up.
6. Decorate the wings by painting patterns and attaching or sewing on any features you like.
7. Finally make the armbands. Measure enough elastic to comfortably make a loop from the shoulder blade around the arm. Cut two lengths. Make marks on the wing fabric where you want to attach the elastic or ribbon for the wings to hang well and then sew the armbands on, taking care not to rip the fabric or twist the band.

Alternatives: if you don't have tights to spare you can try using tissue paper with a reinforced cardboard section to support the armbands. No coat hangers? Try making wings from cardboard.



Migrations

Some butterflies, like the painted lady, **migrate** to the UK in summer from warmer places like North Africa and the Middle East. Can you look at the map below and complete it by drawing lines from the butterflies' starting points to their finishing point in the UK?

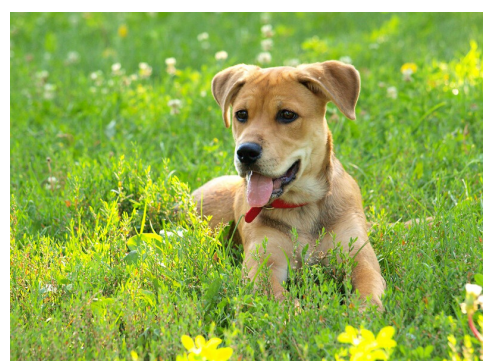


To migrate is to travel a very long way to live in another place for a season. Many birds as well as some butterflies and moths migrate. This means they never get too hot in the African summer, nor too cold in the British winter.

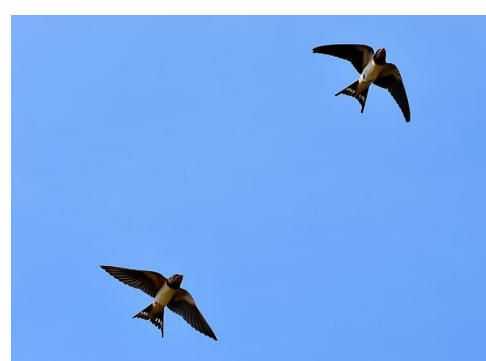
Butterflies and moths are **insects**, but it is not only insects who migrate. Can you circle all the animals you think migrate?



Arctic Tern



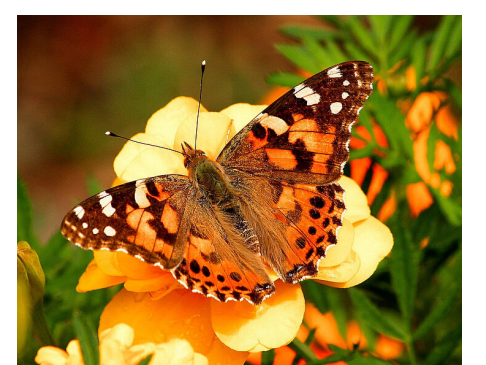
Pet Dog



Swallows



Badger



Painted Lady Butterfly

Butterfly and Moth Hunt

Have you spotted any of these butterflies and moths?



Painted Lady



Common Blue



Speckled Wood



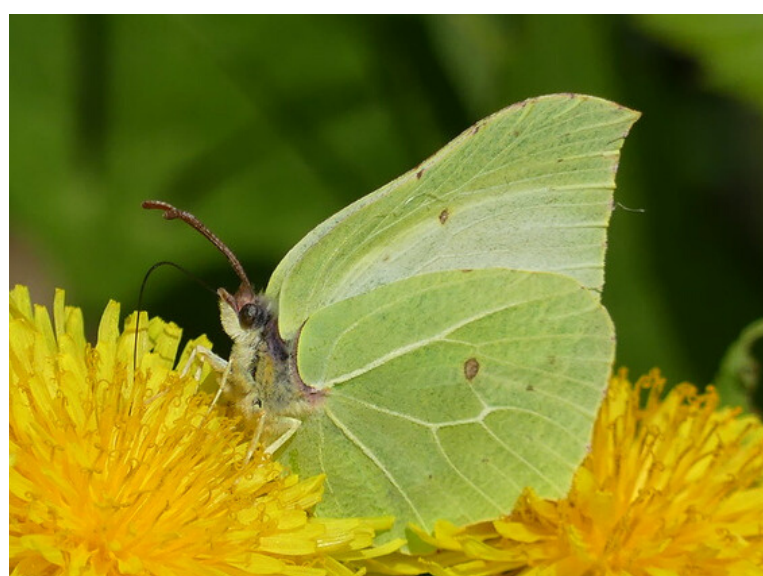
Peacock



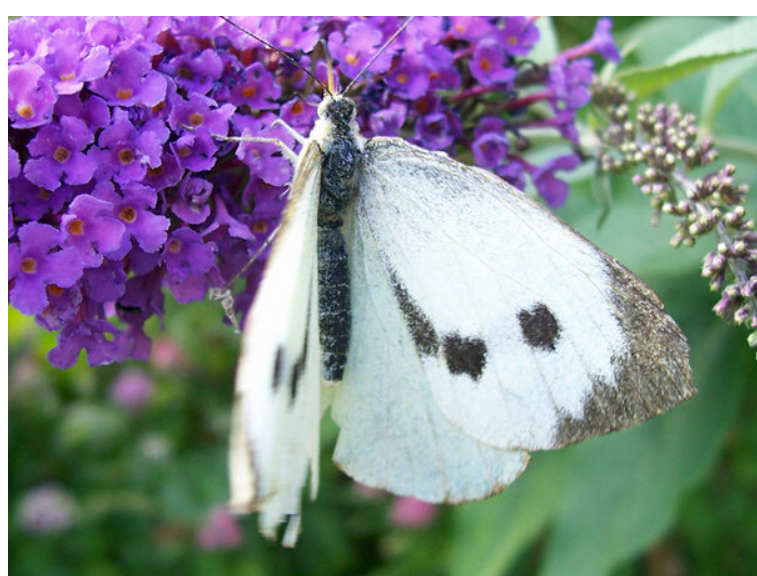
Comma



Emperor Moth



Brimstone



Large White



Cinnabar Moth

Fact

Some moths do not eat at all in their adult form. They don't even have mouths. They rely only on energy they stored up when they were hungry caterpillars.

Fact

Butterflies can taste plants through their feet! They have taste receptors there which tell them if a plant is toxic.