

# The Very Impatient Caterpillar

## Written and Illustrated By: Ross Burach

**Synopsis:** A caterpillar learns to be patient while trying to metamorphosize

**Suggested Reading Date:** Spring.

### Activity Descriptions:

- **Waiting:** Have kids share some things that they had a hard time waiting for. (this can be done verbally, in writing, or by drawing).
- **Mindfulness:** Teach your students some mindfulness (awareness) techniques. (see related websites for ideas!)
- **Metamorphosis:** Discuss / share the stages of metamorphosis. Watch a video about butterfly metamorphosis: Have your students complete lifecycle coloring sheet (see related websites for links!)

### Related Websites:

- Mindfulness for Kids Article: [https://www.huffpost.com/entry/8-ways-to-teach-mindfulness-to-kids\\_b\\_5611721](https://www.huffpost.com/entry/8-ways-to-teach-mindfulness-to-kids_b_5611721)
- 25 Mindfulness Activities for Kids Article: <https://positivepsychology.com/mindfulness-for-children-kids-activities/>
- YouTube Video: 3 Minutes Body Scan Meditation: [https://youtu.be/ihwcw\\_ofuME](https://youtu.be/ihwcw_ofuME)
- Downloadable Butterfly Life Cycle Coloring Page: <https://www.thebutterflysite.com/22-butterfly-coloring-pages.html>
- Downloadable Monarch Butterfly Life Cycle Coloring Page: <https://www.thebutterflysite.com/monarch-life-cycle.shtml>
- You Tube Video: Metamorphosis- Caterpillar to Butterfly for Children: <https://youtu.be/TvmQiWpgX5c>
- Complete Unit on Butterfly Life Cycles: [https://museumoftherockies.org/uploads/Exhibits/Amazing\\_Butterflies\\_Curriculum\\_Guide.pdf](https://museumoftherockies.org/uploads/Exhibits/Amazing_Butterflies_Curriculum_Guide.pdf)

### Text to Text Connections:

*The Very Hungry Caterpillar* by Eric Carle

*Butterfly Story* by Anca Hariton

*Butterfly Tree* by Sandra Markle

**Created By: Dave Sonnen**