

## Very Hungry Caterpillar

Read The Very Hungry Caterpillar Story and have a partner help to tell story with flannel apron/board.

Discuss what happens when we eat foods that are unhealthy.

Discuss what happens with our bodies when we eat healthy foods?  
What are some healthy foods we enjoy eating?

Make caterpillar socks (one unhappy because he ate all kinds of unhealthy foods) and (one happy and healthy because he ate nutritious foods) – just like the flannel caterpillar apron/board.

How to have children (or ECE teachers make the puppets) – cut a hole in the seam of the socks and cut an identical hole in the two red felt circles (faces) for the mouth. This way, the sock puppets can eat the fabric food. Using white interfacing fabric, trace the food from the book and cut it out for the sock puppets to eat during dramatization.

Ask teachers to create/write (dictate a story) about our two caterpillar friends. They may use shared or interactive writing.

Student/Teacher participants act out the story with the two sock puppets.

Take photos of this activity process of the students engaged in the activity. Have the students look at the photos and take a language sample. This activity is integrated with language and literacy and visual and performing arts domains too.

### Materials:

Two long green socks

Red felt for a face

Squiggly eyes

Black permanent marker

Crayons

Interfacing fabric to draw and cut out the food from the caterpillar story

Pipe cleaners for antennas

Flip chart paper to write the children's dictated story about their two caterpillar sock puppet friends