

# MUDDY FEET

WILD PLACES, HAPPY FACES!

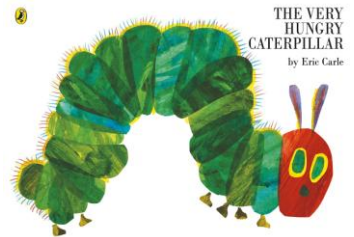
Welcome to our Muddy Feet Resource Pack! Each week we will be releasing a 'virtual' Muddy Feet session via our Facebook page

[www.facebook.com/MuddyFeetOutdoorPlaygroup](http://www.facebook.com/MuddyFeetOutdoorPlaygroup)

We will introduce the story and theme for the week and then have a weekly resource pack available with a range of suggested outdoor activities that you can have a go at in your back garden or any outdoor space. Our 'virtual' session is pre-recorded so can be accessed at any time.

## Muddy Feet Resource Pack

### Week 4



**Story** – The Very Hungry Caterpillar by Eric Carle

**Theme** – Caterpillars and Butterflies

This week's story "The Very Hungry Caterpillar" is a classic story all about the caterpillar's transformation into a beautiful butterfly. You can hear the story on our Facebook page through our 'virtual' session this week.

Each suggested activity is described below, including all the resources you will need – most of these are things you will have around the house/garden. All the activities can be adapted for both younger and older children and encourage free play, exploration and creativity. We have designed the activities to be very child-led and open-ended, but there are many curriculum links too!

We'd love to hear how you get on with the activities, so please feel free to share any pictures/comments to our FB page or tag us on Instagram  
**@muddyfeetoutdoors #muddyfeetoutdoors**



# Day 1

<b>You will need:</b>	
leaves	
hole punch	
string	
scissors	
paint	
toilet roll / potato cut in half	
paint	
playdoh	



🐛 **Caterpillar Thread** - use the hole punch to make holes in different leaves, just like The Very Hungry Caterpillar does in the story. Then use the string to thread your leaves together. You could make a Caterpillar out of your leaves!

🐛 **Caterpillar Hole Punch** – you can use the pieces of leaf removed by the hole punch to create other pieces of art work – you could use them to create spots on an animal or to make a pattern. If you have different shaped hole punches you can create a variety of different shapes.

🐛 **Leaf snip** – every child I know loves cutting things with scissors – provide children with a range of leaves (you could add some herbs and other natural material) and allow them to explore cutting the different materials.

🐛 **Caterpillar Print** – dip the end of the empty toilet roll / potato into the paint. Then print this on to some paper. Repeat print for the segments of the caterpillar's body and head. Use green paint for the body and red for the head. If you don't have any empty toilet rolls/potatoes, you could do this using finger painting.



🐛 **Caterpillar Playdoh** – we love making homemade playdoh here at Muddy Feet – use the recipe attached or if you have any readymade playdoh you can use this. Use green for the Caterpillar's body and red for its head if you want to recreate the Very Hungry Caterpillar, or you can make your own creation. Can you make any food for the Caterpillar?



## Day 2

<b>You will need:</b>	
leaves	
stick	
natural material (stones / wood)	
paint & paintbrush	
scissors	
paper	
glue	



🐛 **Leaf kebab** – choose a thin stick which is going to be your ‘kebab’ stick! See what different leaves you can find and gently poke these on to the stick (as if you are making a kebab!) See how many different leaves you can find! Can you find different sizes, shapes and colours? You could even try to make your ‘leaf kebab’ into a certain shape – if you start with larger leaves and add gradually smaller leaves, what shape can you make?

🐛 **Leaf Art** – collect a range of leaves – you could also collect some other natural material as well. Use these to create your own leaf / natural art picture. You could have a go at making a picture from the story *The Very Hungry Caterpillar*. If you have scissors, you can use these to cut the leaves into different shapes – you could even use some of the leaf hole punch shapes from Day 1! These can be glued on to paper if you want to keep them, or made as a piece of transient art which can be left out.



🐛 **Caterpillar Leaf Print** – this time, use the leaves to print with. Add paint to a leaf using the paint brush, then press the leaf down to make a print on the paper. You could have a go at printing *The Very Hungry Caterpillar*!

🐛 **Caterpillar Stone / Wood Painting** – collect some stones (we also used wooden discs) Paint these in green and red - can you make *The Very Hungry Caterpillar*?



## Day 3

Here at Muddy Feet we like to use recycled material as much as possible – today's activities make use of lots of recyclables!

<b>You will need:</b>	
plastic bottle tops	
stick	
Cardboard	
glue	
paint	
scissors	
egg carton	
pens	
cotton wool	
seeds (e.g. cress)	
any other craft material you may have	



(\*Tools – optional e.g. hammer and nails, screwdriver and screws, piece of wood)

🐛 **Bottle top caterpillar** – Use clean plastic bottle tops to make a caterpillar shape. You can use these as a free-play activity as transient art which can be made and then taken apart again. Or if you have glue, you may like to fix them to a piece of paper. If you have tools and are happy to use these you could attach the bottle tops to a piece of wood using a hammer and nails / screwdriver and screws.

🐛 **Cardboard butterfly collage** – Cut a butterfly shape out of cardboard – you can draw own shape or use butterfly template. Then decorate with paint / pens / natural / recycled items. This is a great activity for talking about symmetry (as butterfly wings are symmetrical) Older children may enjoy the challenge of making the wings symmetrical. Once dry you could attach a stick with string to make the butterfly's body.

🐛 **Cress caterpillar** – First cut your egg carton in half lengthways. Choose which end will be your 'head' and decorate with pens/paint. If you have googly eyes you could use these. Pipe cleaners or sticks could be attached for antennae. Then place damp cotton wool or tissue in each hole. Sprinkle some cress seeds (or anything similar such as mustard / alp alpha seeds) and water. Keep somewhere dry and warm e.g. a window sill or outside if it's warm enough and water each day – watch as your caterpillar begins to grow!



# Day 4

<b>You will need:</b>	
leaves	
stick	
Cardboard	
scissors	
chalk	
paper	
paper plate/foil tray/yoghurt lid	
Doubled sided tape/sellotape/glue	
Hole punch	
String / wire	
*beads - optional	
fruit/sugar water	



🐞 **Leaf butterfly** – use leaves and natural material to create your own leaf butterfly. You could use a stick or peg for the body. This can be created on the ground or attached to paper using glue. Discuss how caterpillars change through their lifecycle into butterflies.

🐞 **Becoming a Butterfly** – There are several ways you can do this! If you have any chalk, draw large butterfly wings on the ground (big enough for a child-sized butterfly!). These can be decorated with the chalks or you could encourage children to collect natural material to decorate the wings. Then children can lie down on top of the wings to ‘become a butterfly!’ if you don’t have chalk, you could make a butterfly shape out of sticks and then fill in the wings with a variety of natural material.

🐞 **Becoming a Butterfly - Mark Two**– If you have any large pieces of cardboard – cut out large butterfly wings (big enough to fit your child) Then use doubled sided tape / sellotape / glue to attach different natural material to the wings. When finished, the wings can be attached to children using string to create straps.



🐞 **Butterfly Feeders**– Take your foil tray / paper plate / plastic lid and with a hole punch make either two or four holes, roughly equally spaced out. Tie string / garden wire through each hole – these strings / wires will be attached together to hang up the feeder. If you have beads, you can thread these on to the string / wire. Now your butterfly feeder is ready to hang up. Butterflies LOVE sweet things so you can add any pieces of fruit or you can soak a piece of sponge in sugar water and place in butterfly feeder. Hang this somewhere in your garden or outdoor space and see if any butterflies come to visit!



# Day 5

<b>You will need:</b>	
Bug hunt sheet	
Butterfly Hunt sheet	
Any water squirters/pipette/straw	
Fruit	
Cocktail sticks	
Scissors	
Pens/paint	
*Food colouring optional	



🐞 **Bug Hunt** – print off the attached Bug Hunt. Can you spot any of the bugs in your garden or outdoor space? Tick them off as you spot them!

🐞 **Butterfly Fact Hunt** – print off the attached Muddy Feet Butterfly Hunt sheet. Ask children to decorate the butterflies (this could be using pens/paint/collage) Then cut out the butterfly shapes and hide these around your garden – ask children to hunt for all ten butterflies. To extend this activity or to link to the curriculum you could add numbers, words, sounds or even butterfly facts to each shape to be read when found!

🐞 **Butterfly water games** – butterflies use their long tongue or proboscis to drink nectar from flowers. We love water play here at Muddy Feet! If you have a water pipette or any water squirters, have a go at sucking the water up, just like the butterfly does! Have a few water containers spread around the garden, can you move around and “collect nectar” from different plants (water containers!) If you have any food colouring, you could colour the water and have a go at mixing the colours together too!

🐞 **Other Butterfly games** – can you think of different actions for the different parts of the caterpillar’s life cycle? (e.g. roll into a ball for the egg, crawl on the ground for caterpillar, roll for the cocoon, and flap your arms for the butterfly) Shout out the different stages – can children do the different actions?

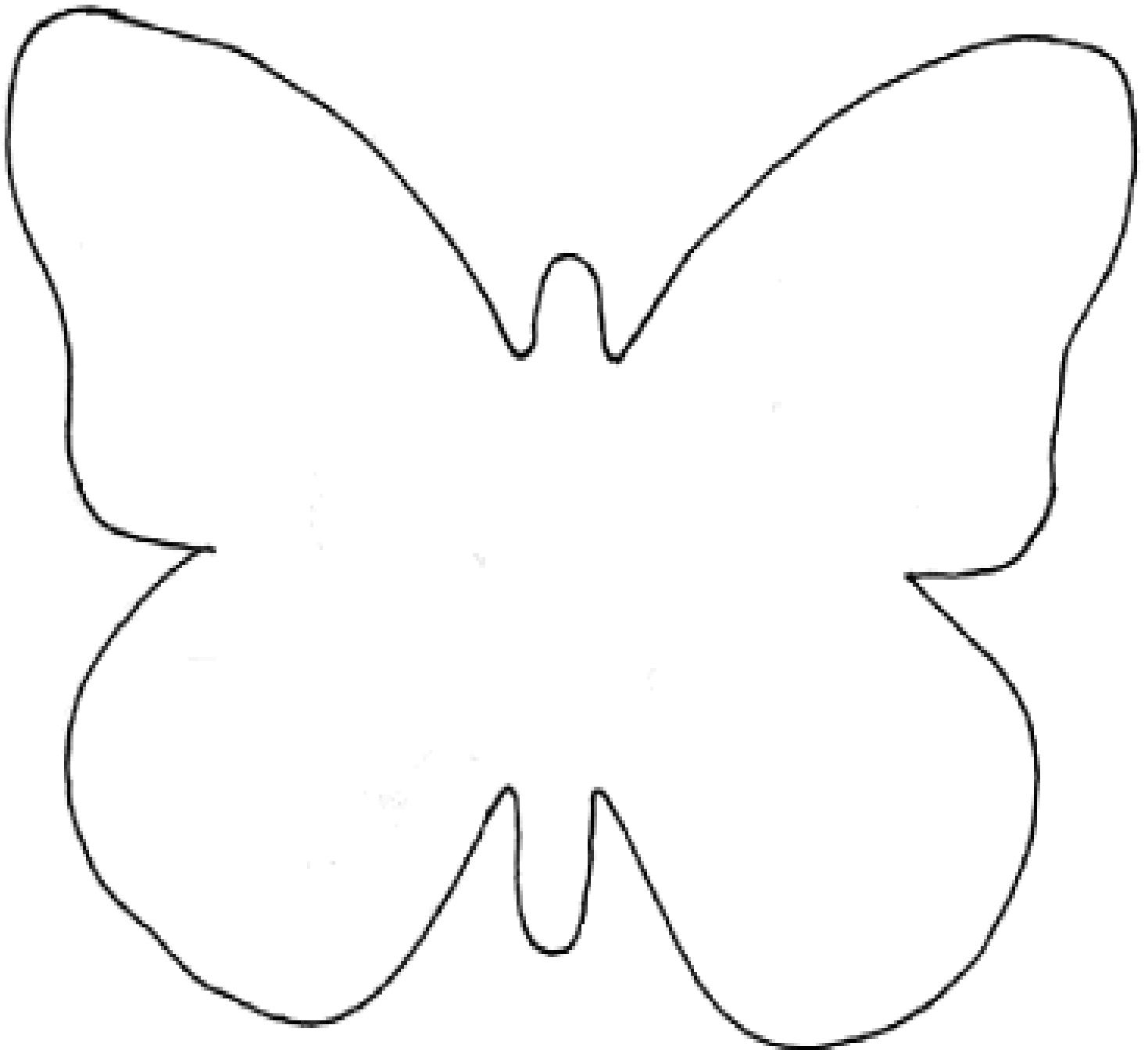
🐞 **Very Hungry Caterpillar Snacks** – children always seem to like food more when it’s in different shapes! Why not have a go at these apple donuts (apple slices with holes in!) or caterpillar fruit kebabs! They taste even better if eaten outside!



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## Butterfly Template



# Bug Hunt

## Minibeast Spotting

Keep your eyes open!

Which minibeasts have you seen? (tick the circles)



ladybird



butterfly



spider



beetle



ant



fly



worm

wasp



dragonfly



bee



slug



newt



grasshopper



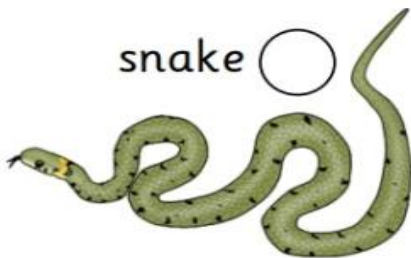
snail

caterpillar



frog

snake



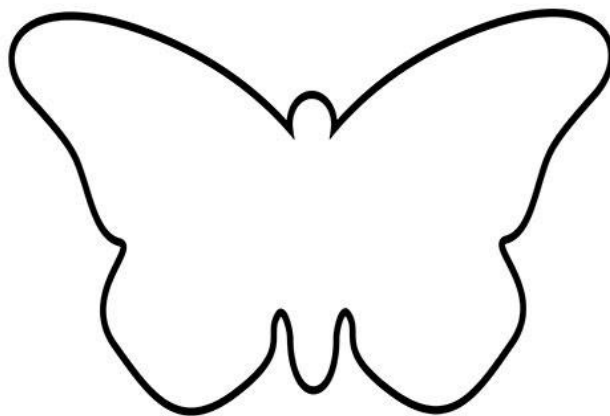
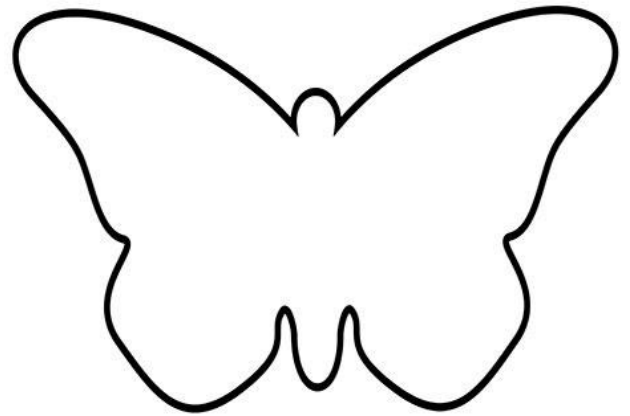
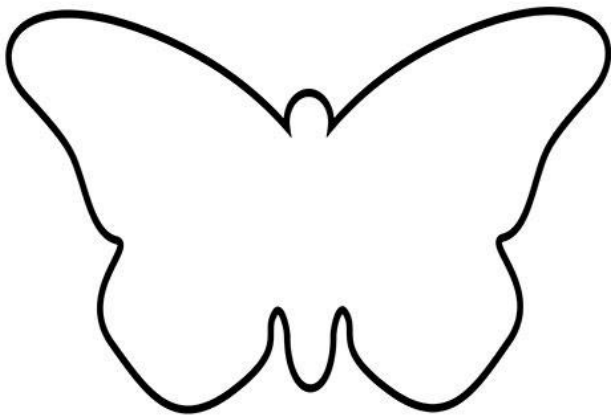
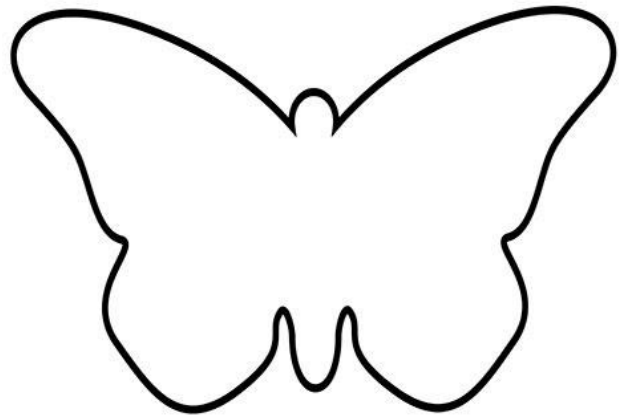
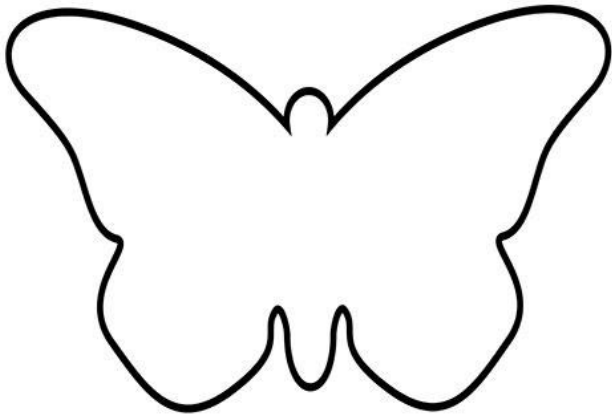
woodlouse





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## Muddy Feet Playdoh Recipe

1 x cup plain flour

½ Cup salt

2 tablespoons Cream of tartar

2 tablespoons vegetable oil

1 cup water (with food colouring added – optional)

Put all ingredients into a saucepan and stir over a medium heat until dough begins to form into a ball. Allow to cool then knead until smooth.



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