The Very Hungry Caterpillar, by Eric Carle, is a great book to share with your child. You can explore life cycles, fruit, shapes and days of the week. You can also discuss the alliteration with your child (light, little, lay, leaf) and there are lots of opportunities to get creative.

Don’t worry if you don’t have a copy of this book – you can listen to it via the following links:

https://www.youtube.com/watch?v=eXHScpo_Vv8
https://www.youtube.com/watch?v=75NQK-Sm1YY
Activity 1 – Story play

a) Talk about the different food the caterpillar eats and when he eats them. You could create a stick puppet of the caterpillar and other props for the story. Then, encourage your child to retell the story using the puppet.

b) To retell the story, use masks, toys or puppets. Can your child change the story by changing the food?

c) Create a caterpillar with your child and, on each segment, write the day of the week. Can your child draw what the caterpillar ate on each day?
Activity 2 – Getting crafty

a) Have a look at your fruit bowl with your child and see if you have any of the fruit from the story. Using fruit you have at home, make a tasty fruit salad or kebab with your child. If you choose to make a fruit kebab, can your child create a repeating pattern?

b) Using a range of materials, can your child create collages of the moon at night? The leaves and trees?

c) The caterpillar transforms in a beautiful vibrant butterfly. Can you child paint their own huge colourful butterflies?
Activity 3 – Thinking about maths

a) In the story, the hungry caterpillar eats different amounts of food each day. Can your child count the fruit for each day? Can they find items in the house that represent each number? For example, to show the 2 pears eaten on Tuesday, they could find any 2 items in the house.

b) Combine two different groups of fruit from the story. For example, you could have the 2 pears eaten on Tuesday and the 4 strawberries eaten on Thursday. Can your child count how much fruit has been eaten in total?
Activity 4 – Mark making

a) Go on a nature walk with your child and encourage your child to write a list (either attempting to write words or drawing images) of the different baby animals they spot.

b) Discuss all the different food the hungry caterpillar enjoys to eat and ask your child what their favourite food is. Can they draw their favourite food items? They could do this on a paper plate if you have any at home. Can they describe what they have drawn? You could encourage your child to write labels for each image.
Activity 5 – Getting outside

a) Prepare a picnic with your child, seeing if you have any of the food eaten by the hungry caterpillar. When planning, ask your child to help you count the right amount of plates and cups. Can they help you prepare a shopping list for items you want to include in your picnic?

b) Find out where the different fruit in the story comes from. Do apples grow on trees or in the ground? How do they grow? You could try growing some fruit with your child or visit a farm where you can pick your own.

c) Go on a mini-beast hunt. Where might you find caterpillars? How many butterflies can you see? What other insects can you find?
Some other stories by Eric Carle

- The Mixed-Up Chameleon
- The Very Busy Spider
- The Bad-Tempered Ladybird
- The Very Quiet Cricket