

The Very Hungry Caterpillar™ Challenge



In the light of the moon a little egg lay on a leaf...

Join us as we celebrate the magic of transformation, exploration and healthy eating through 40+ activities inspired by Eric Carle's beloved story.

For even more programme ideas check out our boards over on
www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

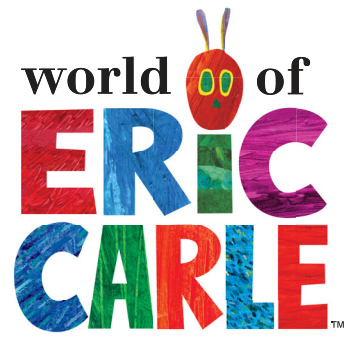
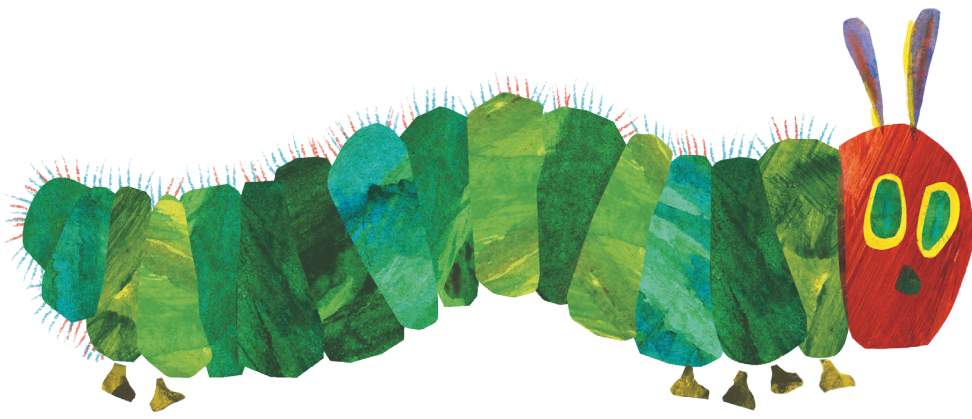
Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



@pawprint_family



Eric Carle is acclaimed and beloved as the creator of brilliantly illustrated and innovatively designed picture books for very young children. His best-known work, *The Very Hungry Caterpillar*, has been translated into over 80 languages and sold over 60 million copies. Eric illustrated more than seventy books, many best sellers, most of which he also wrote, and more than 180 million copies of his books have sold around the world.

The themes of Eric Carle's stories are usually drawn from his extensive knowledge and love of nature - an interest shared by most small children. Besides being beautiful and entertaining, his books always offer the child the opportunity to learn something about the world around them.

Now we've teamed up to bring you *The Very Hungry Caterpillar Challenge*, which is designed to inspire children to get creative, express themselves and let their imaginations soar.

Through 40+ activity ideas, children can explore their environment, developing curiosity and a love for nature which is one of the most common themes in Eric Carle's stories.

Let's explore, grow and learn with *The Very Hungry Caterpillar*!



HOW TO: Use Your Challenge Pack

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This Challenge Pack has been divided into 4 sections: Craft, Food, Games and Other. In order to help you provide a balanced and varied programme for your young adventurers we recommend that the following number of activities are completed by each age group:

Age 3 - 5



Age 5 - 7



Age 7 - 11



Age 11 - 14



Age 14 - 18



Age 18+



Craft



Food



Games



Other



PICK

Leaders, Teachers & Parents

Award yourselves a badge for supporting your young adventurers in their activities!

TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

Terms of Use

By downloading or purchasing this resource you agree to our terms of use as outlined below. As a husband and wife team we work hard to keep all of our resources and activity ideas available free of charge; we can only do this with your help.

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Use this resource with your young adventurers.	Redistribute or sell this resource in any way, shape or form.
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Craft

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-  Create a butterfly life cycle model using recycled materials.
-  *"On Monday he ate through one apple. But he was still hungry" -*
Make a natural collage of each of the foods eaten by the caterpillar in the story. Can you turn them into a mobile or bunting for a party?
-  Craft a cocoon using papier-mâché.
-  Use an old egg carton to paint and make your own version of The Very Hungry Caterpillar.
-  Explore the life cycle of a butterfly by putting together a caterpillar to butterfly craft or using our Butterfly Life Cycle resource.
-  Make your very own picture of The Very Hungry Caterpillar using materials of your choice. You could use papers, paint or other craft materials.
-  Use face paint to decorate your face with patterns or camouflage. A butterfly's pattern helps them to camouflage or scare off predators.
-  Weave with yarn just like a caterpillar does to make its silky cocoon.
-  Eric Carle was known for his hand-painted tissue paper collage. Have a go at painting your own textures onto paper and create your own collage.

Here's an idea!




Why not use your painted textures to make gardening labels for growing your own fruit and vegetables? This is a wonderful way for young adventurers to not only understand Eric Carle's hand-painted style, but also the process of growing food from start to finish!

-  Make some 3D fruit using the free resource on our website. Why not try designing some of your own with inspiration from The Very Hungry Caterpillar story.
-  Put together a paper chain caterpillar craft using coloured paper of your choice. How about turning your paper chain into a window decoration?
-  Create a butterfly painting by folding a piece of paper in half. Paint a pattern on one side and then fold your paper over to print your symmetrical pattern, just like a butterfly's wing.
-  Put together an outfit inspired by The Very Hungry Caterpillar by only using red or green clothing and accessories.








Food

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-  Can you think of all the colours of the rainbow? What fruits and vegetables match those colours? Can you grow any of them yourself?
-  Try out different foods from the book and have a story time tea party.
-  Draw up a balanced food chart - what do the different types of food provide our bodies with?




Here's an idea!

For an additional challenge, draw each food in the story and organise them into the different sections of your chart.

-  Cut up fruit shapes from sponges or real fruit and dip them into paint to make some delicious looking prints. Use a straw or make a hole in each of the fruits before printing, so they look just like the ones in The Very Hungry Caterpillar.
-  Make a log of everything you eat in one week and display it in a fun way.
-  Draw a picture of some food that makes your tummy happy.
-  Hold a themed buffet for your family, friends or group that includes all of the foods mentioned in the story of The Very Hungry Caterpillar.
-  Arrange different types of dried pasta to create a butterfly life cycle.

How?




To begin, divide a paper plate into four sections using a marker pen and write the names of each stage of The Very Hungry Caterpillar life cycle in each section (egg, caterpillar, cocoon and butterfly). Then, use different pasta types to represent each stage: orzo for eggs, fusilli for the caterpillar, shells for the chrysalis and farfalle for the butterfly. Once you have glued down your pasta shapes into the different sections, feel free to get creative, drawings sticks, flowers and leaves in the background!

-  Try a new fruit every day for one week. Who knows, you might even discover a new favourite.
-  Assemble some rainbow fruit skewers.
-  Put together a veggie caterpillar platter. You could use sliced cucumber for the body, half a tomato for the head, sliced apple for the antenna and small black olives for the eyes!







Games

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BADGES

-  Play a game of pairs matching the numbers with the foods from The Very Hungry Caterpillar story using our free resource that can be found on our website.
-  When a butterfly emerges from the chrysalis, the two halves of its proboscis (long tubular tongue) join together. In two teams, find as many straws of the same colour as you can from around the room and then join them into one long straw. Challenge yourselves by giving yourself a shorter time limit to build your proboscis.
-  Take part in a Very Hungry Caterpillar ball toss game.



What?

Arrange buckets in a line on the ground. Each bucket will act as a different fruit in the story of The Very Hungry Caterpillar (e.g. apples, pears, plums, strawberries etc). Depending on the bucket, the number of fruits in the story will be how many points you get if you throw a ball into that bucket.

-  Play a game of 'Fruit Salad' using fruits from The Very Hungry Caterpillar (apples, pears, plums, strawberries and oranges).
-  Gather some leaves from outside and see how many holes you can hole punch in 1 minute, like The Very Hungry Caterpillar eating his green leaf.
-  Set up an obstacle course and take it in turns to 'crawl' like a caterpillar around it as quickly as possible. For an additional challenge, players could take part in the race whilst balancing a 'leaf' (paper plate) on their back.
-  Go on a Very Hungry Caterpillar food hunt.

How?

















A leader or adult starts by hiding small pictures of each of the foods the Very Hungry Caterpillar™ eats in the story around the room or outdoor space. Each player has a basket or bag and must go on a hunt to find all of the hidden foods. If playing with a larger group, the player who finds the most foods is the winner.

-  A butterfly's wings can flap between 5 and 20 times per second. How long does it take you to clap 20 times?
-  Pass the orange. Hold an orange under your chin and pass to the next person's chin without dropping it. Want more of a challenge? Pass the orange between your knees instead.



Other

PAWPRINT
BADGES

-  Act out The Very Hungry Caterpillar story or create your own set of wooden spoon puppets to tell the story using the free resource on our website.
-  Hatch your own butterflies from a caterpillar or cocoon. Release your butterfly between two to four days after it has emerged from its chrysalis. Letting them go near flowers will encourage the butterflies to remain in your area. Why not check out Insect Lore for ready made kits?
-  Read The Very Hungry Caterpillar by Eric Carle.
-  Take a trip to a butterfly enclosure and count how many different species you can see. Keep a look out for hungry butterflies feeding on fruit or nectar.
-  Take part in your own research to find out which foods are important in helping us to grow big and strong and what makes a balanced diet.
-  Fundraise for a nature/wildlife conservation charity or an organisation supporting butterflies in your area. Why not take part in a sponsored event?
-  Find a Very Hungry Caterpillar trail near you to attend.
-  Host a fruit tasting party and make a chart of everybody's favourite.
-  Visit a library to find out more about the life cycle of a caterpillar to a butterfly.
-  Come up with your own song using a familiar nursery rhyme tune that tells the story of The Very Hungry Caterpillar.
-  Write an acrostic poem using the word 'CATERPILLAR'. Try to use themes from the The Very Hungry Caterpillar story to help you write.
-  Watch some videos of The Very Hungry Caterpillar on the official World of Eric Carle YouTube channel.
-  Find out some fun caterpillar facts online or in a book.
-  Go on an outdoor adventure to try and find some caterpillars in real life.
-  Make up your own story about a caterpillar.
-  For younger adventurers, spread out fruits on the ground or table and allow them to sort by colour, type or amount.

Adventure Complete?

Reward your young adventurers with their The Very Hungry Caterpillar Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are **big, bright and bold**...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of **free activity ideas** and resources you'll find **loyalty stickers** in every order and you can claim Children's University learning hours too!



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