

The Very Hungry Caterpillar

A music-based learning
resource pack for families

Our musicians have come up with some creative ideas, songs and rhymes that you can do to bring 'The Very Hungry Caterpillar' to life. We have tried to cater for as many families as possible, so some of these activities are aimed at very young children, and some are aimed at slightly older children. These are only ideas, so feel free to pick the bits you like, change activities to suit you and add in anything that you think we have missed!

Most importantly, try not to worry about the music making – the interaction and communication with your child, encouraged by these ideas, is far more important than whether you sing the songs note perfect! Also, don't feel bad for repeating the same handful of songs that you feel confident with – repetition and familiarity are great at this stage and will encourage your child to join in at their own level – whether that be with speech, vocalisation and noises or physical gestures. Try repeating the activities at different speeds and with different voices to add variety.

We would love to see how you are using our resource pack – please tag us on social media using the details below.

Instagram - @wearedarts

Facebook - @wearedarts

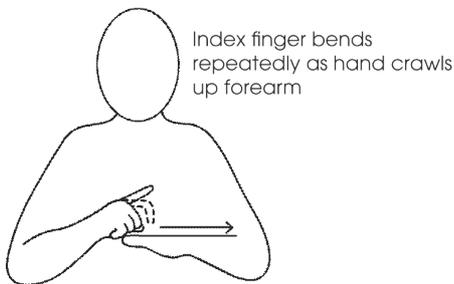
Twitter - @we_aredarts



Makaton

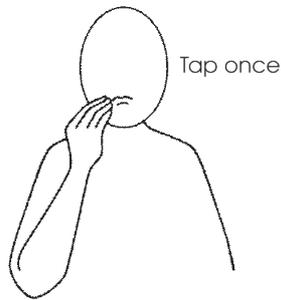
We are huge fans of Makaton here at darts and we like to incorporate Makaton into songs and stories wherever we can – especially when working with our young learners. We don't want to overload you with too many signs, but here are a few key signs to try at home.

This pack uses symbols and signs from the communication aid Makaton. Makaton symbols and signs are copyright by and used with kind permission of The Makaton Charity. For more information about Makaton, please visit www.makaton.org



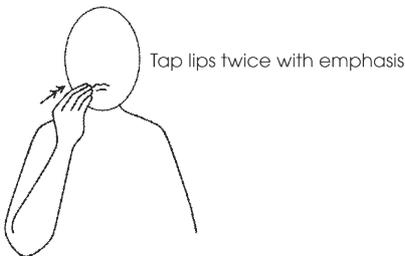
Index finger bends repeatedly as hand crawls up forearm

Catterpillar



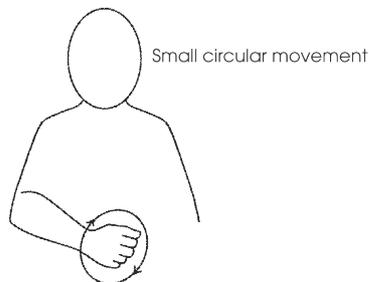
Tap once

Food



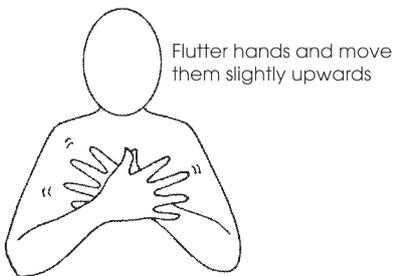
Tap lips twice with emphasis

Ate (Eat (1))



Small circular movement

Hungry



Flutter hands and move them slightly upwards

Butterfly



Hungry Caterpillar Song (to the tune of Down in the Jungle)

This is a great movement song – with tiny tots, you can do it bouncing and wiggling on knees, with older children, you can get them up and moving. Add your own actions, or try adding in a few of the Makaton signs from the beginning for hungry, eat etc.

This is sung to the tune of Down in The Jungle. If you don't know Down in the Jungle, there are lots and lots of versions on the internet, but here is one from YouTube to get you started:

<https://youtu.be/dFiqiQIHPwU>

I am a hungry caterpillar,
I need to eat a lot for dinner,
I munch, munch here, and I crunch, crunch there,
A cabbage, a peach, a plum or a pear,
Crunch, crunch, wiggle, wiggle, wiggle
Crunch, crunch, wiggle, wiggle, wiggle
Crunch, crunch, wiggle, wiggle, wiggle
That's the way he eats his lunch.

I climb the corn right up to the top,
I don't look down and I never stop,
I need to eat because real soon,
It'll be time to make my cocoon.
Crunch, crunch, wiggle, wiggle, wiggle
Crunch, crunch, wiggle, wiggle, wiggle
Crunch, crunch, wiggle, wiggle, wiggle
Then it's time to build a cocoon.

In my cocoon I have a long sleep,
I don't come out and I never peep,
But when it's time look up in the sky,
And I'll be a beautiful butterfly!
Flap, flap, flutter, flutter, flutter
Flap, flap, flutter, flutter, flutter
Flap, flap, flutter, flutter, flutter
That's the way a butterfly goes!



Caterpillar, Crawling Round

This is a great, calming action rhyme – you can just use the first verse, but we have added the other verses in case they are useful. We like to use a caterpillar finger puppet for this, but using your finger as a caterpillar will work just as well! We have used 2 different versions of this – we sometimes get the blackbird (hand) to come down and chomp on the children’s caterpillar fingers and sometimes get the children to hide their ‘caterpillars’ behind their backs.

Caterpillar crawling round
Trying not to make a sound
Comes a blackbird from the sky
Caterpillar bye bye!

Black round beetle scuttling round
Trying not make a sound
Comes a froggy hopping by
Black round beetle bye bye

Stripy brown snail sliding round
Trying not make a sound
Comes a hedgehog snuffling by
Stripy brown snail bye bye



We're Going On a Picnic

The Very Hungry Caterpillar ate his way through a whole host of foods when he was getting ready to build his cocoon. This is a great, catchy song that gets young people thinking about different types of food. For anyone who hasn't heard this song before, we have included a YouTube clip below so you can learn the catchy song that you sing the game to, but an internet search would quickly find plenty of other versions too:

<https://youtu.be/-KyyuMaxOiM>

When we do this activity with older children, we try and get them to think about food that is actually great for picnics and food that isn't – i.e. what would happen if we take ice-cream in our picnic bag all day? With younger children, we let them pick whatever they want – you want to take Brussel sprouts on a picnic? Sure, why not...

Try and come up with as many picnic foods as you can. To start, have the adult(s) do the leading and sing the 'have you brought the ____' line, using some of the ideas you have come up with. The others then respond with 'yes we've brought the ____'. If you have older children, they might feel confident enough to become the leader and ask for their own things.

We're going on a picnic
Leaving right away
If it doesn't rain
We'll stay all day

Have you brought the (sandwiches)?
Yes, we've brought the (sandwiches)

Have you brought the (grapes)?
Yes, we've brought the (grapes)

Have you brought the (water)?
Yes, we've brought the (water)

Ready for a picnic, here we go.



Apples and Bananas

An oldie but a goodie! Here's a YouTube clip with some rather lovely animated monsters, for you as a guide:

<https://youtu.be/r5WLXZspD1M>

I like to eat, eat, eat apples and bananas
I like to eat, eat, eat apples and bananas

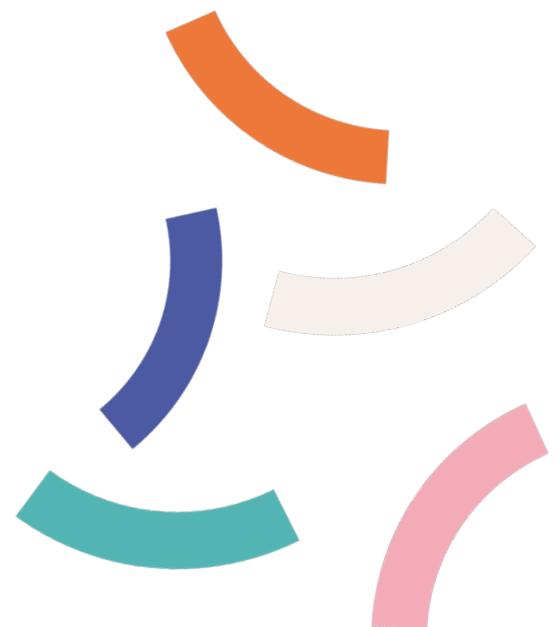
A lake to ate, ate, ate, ay-ples and ba-nay-nays
A lake to ate, ate, ate, ay-ples and ba-nay-nays

E leke to eat, eat eat, eeples and bee-nee-nees
E leke to eat, eat eat, eeples and bee-nee-nees

I like to ite, ite, ite, i-ples and by-ny-nys
I like to ite, ite, ite, i-ples and by-ny-nys -nys

O loke to ote, ote, ote, o-ples and bo-no-nos
O loke to ote, ote, ote, o-ples and bo-no-nos

U luke to oot, oot, oot, oo-ples oond boo-noo-noos
U luke to oot, oot, oot, oo-ples oond boo-noo-noos



For older children

Foodie Rhythms

One for older children. Food is a great place to start rhythm work – grab some items from your cupboards and make up your own rhythms. Join a few items up to make a bit of a groove.

i.e. pasta pasta soup pasta
 || || | ||

 custard creams custard creams
 || | || |

You can either do these just on hands, or use body percussion – so you could do soup on your knees, pasta on your hands etc.

Alternatively, for the brave (!), make instruments from household objects you find around the house. Pans turned upside down make great drums and wooden spoons, chopsticks etc. make great drumsticks. This might be one for a sunny day in the garden!

pasta
||

soup
|

custard creams
|| |



Minibeast Rhythms

Just like foodie rhythms, but with older children it can be fun to move on to a minibeast topic – think about the different rhythms you can create and combine. i.e.

ant
|

spi -der
| |

butter -fly
|| |

grass -hopper
| ||

For the names above, we have used | or || to show how many taps/syllables each part has.

When combining the minibeast names to create rhythm patterns, it works well if you can have a visual representation of each that you can move into place.



Websites, resources and links

All of these YouTube clips were checked at the time of writing this pack, but please watch these on your own first to ensure they are still very much child friendly and appropriate.

The Very Hungry Caterpillar – animated film (just lovely):

<https://youtu.be/75NQK-Sm1YY>

Going On a Picnic (we're rather fond of this folk inspired version):

<https://youtu.be/-KyyuMaxOiM>

Apples and Bananas

<https://youtu.be/r5WLXZspD1M>

Learning resources for The Very Hungry Caterpillar

<https://www.earlylearninghq.org.uk/stories/the-very-hungry-caterpillar/>

Music ideas for The Very Hungry Caterpillar

<https://classroom.synonym.com/music-book-very-hungry-caterpillar-7936055.html>

Chrysalis Cam!

<https://www.floridamuseum.ufl.edu/exhibits/butterfly-rainforest/chrysalis-cam/>

