

The Hungry Caterpillar Gross Motor Activity

- 1) Pretend to be caterpillars and act out how they turn into butterflies by first curling up in a ball to represent the egg.



- 2) Crawl out of the egg as a caterpillar and look for food.



- 3) Then crawl under a big blanket or sheet and wrap them up like they are in a cocoon or chrysalis.



- 4) Pull the sheet or blanket off and have them fly out like a butterfly.

