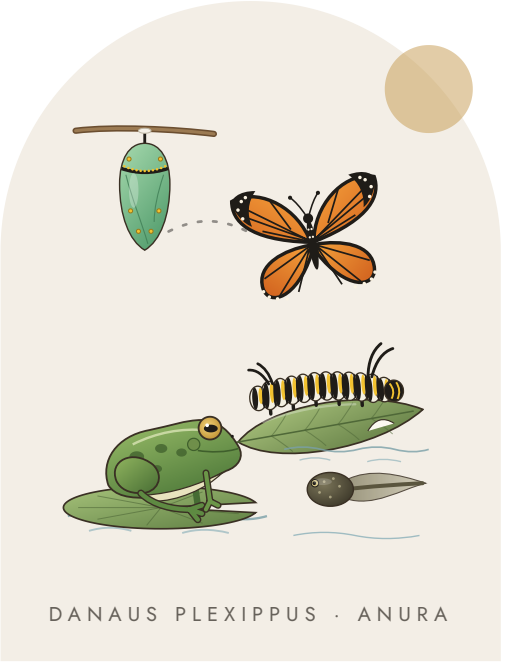
A SPARKATLAS PACK FOR LITTLE EXPLORERS

Caterpillars and Tadpoles

Watch a tiny egg turn into wings or legs, then wiggle, hop and flutter through every stage yourself.



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INSIDE THIS PACK

02 Grown-up guide: one minute to read
03 Egg to butterfly life cycle
04 Act it out: wiggle, hang and hop
05 Egg to frog life cycle
06 Stage cards to cut, sort and glue
07 Same or different? And how I grow

YOU'LL NEED

- crayons
- child-safe scissors
- a glue stick
- a little space to move

TIME

About 10 to 15 minutes a page

Our nature watch

Date _____ Where we looked _____

Today's weather · Circle one ◯ sunny ◯ cloudy ◯ rainy ◯ windy

AGES Sprout 2–3 Seedling 3–5 Sapling 5–7 Each activity page shows its band.

WHY THIS MATTERS

Small children love things that change. Following a caterpillar or a tadpole from egg to adult shows them that living things grow in steps, and acting out each step helps it stick.

Before You Start

A one-minute read for grown-ups.

How to use it (about 10 to 15 minutes a page)

1. **Start with what they love.**
If your child is into bugs, begin with the butterfly. If puddles and splashing win, begin with the frog.

2. **Look, then move.**
Talk through one life cycle, then act it out right away. Bodies remember what eyes see.

3. **Cut, sort, glue.**
Mix up the stage cards. Let your child find which animal each one belongs to before putting them in order.

4. **Go and look.**
In spring and summer, look for caterpillars on leaves and tadpoles in ponds. Look closely, then leave them be.

Three ways to play

Sprout 2–3

Point to each picture and name it together. Wiggle like a caterpillar and hop like a frog.

Seedling 3–5

Say the stages in order, glue the cards with help and act out the whole butterfly story.

Sapling 5–7

Tell both life cycles in your own words, compare the two animals and draw how you have grown.

Little safety notes

Stay close to young children near ponds or any water. Look at frog eggs and tadpoles, but leave them in the water. Don't touch fuzzy or spiky caterpillars; some can make skin itchy. Scissors with a grown-up. Wash hands after.

Printing tips

Page 1 is the cover. To save ink, print pages 2 to 7 only. Print page 6 on card if you can, so the stage cards last. Every page works in black and white, on Letter or A4.

Wonder out loud together

- Were you ever as small as an egg?
- Why does a tadpole need a tail?
- What do you think happens inside a chrysalis?
- Which change would you like to try?

FOR GROWN-UPS

No need to get every word right. "Chrysalis" and "froglet" are fun to say, but pointing and acting count just as much. Let your child's questions lead.

From Egg to Butterfly

A monarch butterfly grows in four stages.

Follow the arrows with your finger. Say the name of each stage. Then colour the pictures.



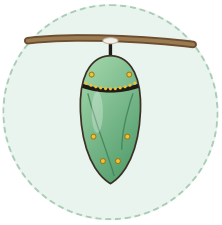
1 Egg

A tiny egg on a milkweed leaf.



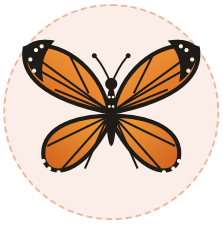
2 Caterpillar

Eats, grows and sheds its skin.



3 Chrysalis

Hangs still while its body changes.



4 Butterfly

Flies, sips nectar, and the circle starts again.

About 4 weeks

egg to butterfly, in warm weather

Wonder together

- What does a caterpillar need to grow?
- How would it feel to hang so still?
- Where would you lay an egg if you were a butterfly?

A checked fact

A new caterpillar's first meal is often its own eggshell. Then it eats milkweed leaves, the only plant monarch caterpillars eat.

FOR GROWN-UPS

Four big steps, one animal. Saying the stages in a loop shows that the butterfly's eggs start the whole circle again.

PLAY IT YOUR WAY

Easier: Point to each picture and make a sound or move for it: tap for the egg, munch for the caterpillar.

Stretch: Cover the names and tell the whole story in order. What comes after the butterfly?

Act It Out

Move like every stage, from a tiny egg to a flying butterfly and a hopping frog.

A grown-up reads a stage. You do the move. Tick the box when you've tried it.

Butterfly moves



Egg

Curl up small and keep very still.

☐



Caterpillar

Wiggle on your tummy. Munch, munch!

☐



Chrysalis

Stand tall, arms tight, and sway.

☐



Butterfly

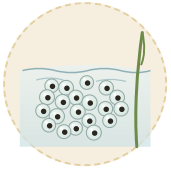
Open your wings slowly. Flutter!

☐

Your move

Make up a move for any stage.

Frog moves



Eggs

Curl up and wobble like jelly.

☐



Tadpole

Wiggle your hands like a tail and swim.

☐



Little legs

Swim, then kick out both legs.

☐



Froglet

Crawl out of the pond on all fours.

☐



Frog

Squat low, then hop! Ribbit!

☐

Three ways to play

Slow motion

Do all the butterfly moves in a row, as slowly as you can.

Freeze!

A grown-up calls out a stage. Freeze in that shape.

Guess my stage

Do a move. Can someone guess which stage it is?

FOR GROWN-UPS

Moving through each stage turns a diagram into a story the body knows. It's also a good way to get the wiggles out on an indoor day.

PLAY IT YOUR WAY

Easier: Do only the caterpillar and butterfly moves, side by side with your child.

Stretch: Do a whole life cycle on your own, in order, then try it backwards.

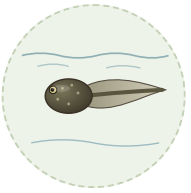
From Egg to Frog

A frog starts life in the water and ends up hopping on land.

Follow the arrows with your finger. Say each stage. Which ones live in water?



1 Eggs
Laid in water, in a clump of jelly.



2 Tadpole
Swims with a tail and breathes with gills.



3 Little legs
Back legs grow first, then front legs.



4 Froglet
Its tail shrinks as it climbs out.



5 Frog
Breathes air and can hop on land.

Weeks to years
it depends on the kind of frog

Wonder together

- Why might a tadpole need a tail?
- Which stages live in the water?
- What would you do with brand-new legs?

A checked fact

A tadpole's tail doesn't fall off. Its body slowly takes the tail back in and uses it as food while the froglet changes.

FOR GROWN-UPS

Frogs change from swimmers into hoppers. Noticing when the legs appear and the tail shrinks is early science: watching closely and putting changes in order.

PLAY IT YOUR WAY

Easier: Find the tail in each picture. Is it big, small or gone?

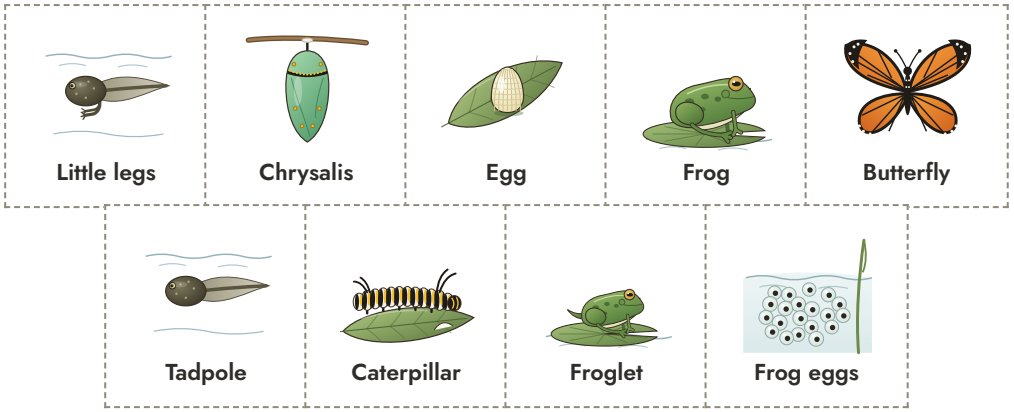
Stretch: Tell how the tadpole changes from stage 2 to stage 4. What grows, and what goes away?

Mix, Sort and Glue

Nine stage cards, two animals. Can you put each one back in its place?

Cut out the cards with a grown-up. Sort them into butterfly and frog, then glue them in order from 1.

Cut along the dashed lines



Glue each animal's stages in order

The arrow at the end shows that the circle starts again.

Butterfly

1 → 2 → 3 → 4 ↻

Frog

1 → 2 → 3 → 4 → 5 ↻

FOR GROWN-UPS

Sorting first, then ordering, is two kinds of thinking on one page. Mixed-up cards also make a good memory game.

PLAY IT YOUR WAY

Easier: A grown-up cuts. Your child glues just the butterfly cards while you say "first, next, last".
Stretch: Turn the cards face down and play memory. When you find a stage, say what comes next.

Same or Different?

Butterflies, frogs and you all change as you grow.

Read each line with a grown-up. Tick every box where it's true. A line can have more than one tick.

	Butterfly	Frog	Me
1 Hatches from an egg	☐	☐	☐
2 Swims in water when young	☐	☐	☐
3 Rests in a case while it changes	☐	☐	☐
4 Grows wings	☐	☐	☐
5 Has a tail, then loses it	☐	☐	☐
6 Can hop	☐	☐	☐
7 Gets bigger as it grows	☐	☐	☐
8 Your idea: _____	☐	☐	☐

How I grow: draw yourself

Me as a baby

Me now

Me when I'm big

FOR GROWN-UPS

Comparing two animals, and then themselves, helps children see patterns: everything grows, but not in the same way. Their own baby-to-now change makes it personal.

PLAY IT YOUR WAY

Easier: Do just the "Me" column. Say each line out loud and show it with your body.

Stretch: Add your own line at the bottom. Then find one way you are like a frog and one way you are not.