

The Very Hungry Caterpillar - Kids Yoga Class Plan

SOLD TO THE FINE
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This is a great class plan for kids yoga based on the classic, *The Very Hungry Caterpillar* by Eric Carle. It works best for the younger groups – around 4 years and under and really helps them understand why it's good to eat healthily. Another lovely extra touch is to print, laminate and cut out all the food items. I give each child one of the pictures and when the hungry caterpillar has his binge on the Saturday we make a big sandwich with each of the children taking turns to show and call out their food picture.

At the end of the class plan is a printout with all the food mentioned in the story. It works wonderfully in a nursery, pre-school or kindergarten as this story is a well used resource. Also, healthy eating is such a key part of the curriculum at this stage, so teachers LOVE it too! Hope you enjoy it and the kids have fun doing it with you!

Story

In the light of the **full moon** a little **egg** lay on a leaf. The little egg **rolls over** onto its side, then over onto its other side (**hugging knees**). It can feel something happening. It is beginning to **grow** (interlace fingers and stretch up in **hero pose**). It's a stormy evening and the wind is blowing the egg around the leaf (**side stretches** from heels, flow back and forward from **camel** to **mouse**).

Then it begins to rain on the egg (**pitter patter rain** with fingertips all over face and body).

One Sunday morning the warm **sun** came up (sun salutation) and the egg went **POP!** Out **wiggled** a very tiny and very hungry caterpillar looking for something to eat. *"I'm so hungry. I'd love something to eat!"* he said as he looked from side to side.

But he couldn't find anything so wiggled back to his leaf and fell asleep (**mouse**).

On Monday the sun came up (reach up "**hello sun**") and the hungry caterpillar **wiggled** out onto the edge of his leaf, looking for something to eat. *"I'm so hungry. I'd love something to eat!"* Along came a very happy **dog**, wagging his tail, who gave the hungry caterpillar one apple.

The hungry caterpillar says **Namaste** and sitting with his **legs wide** leans forward to eat it all up. After finishing the apple he **rubs a hand on his tummy and pats his head** at the same time. *"Mmmm. That was tasty."* But the hungry caterpillar was still.... Hungry! He **wiggles** back onto his leaf and falls back to sleep again (**mouse**).



On Tuesday the sun came up (**hello sun, hello earth**). The hungry caterpillar **wiggled** out onto the edge of his leaf, looking for something to eat. *"I'm so hungry. I'd love something to eat!"* Along came a **horse**, clip clop, clip clop, who gave the hungry caterpillar two pears.



The hungry caterpillar says **Namaste** and sitting with his legs in **butterfly pose** leans forward to eat them up. After finishing the pears he **rubs a hand on his tummy and pats his head** at the same time. *"Mmmm. That was tasty."* But the hungry caterpillar was still.... Hungry! He **wiggles** back onto his leaf and falls back to sleep again (**mouse**).

On Wednesday the sun came up (**hello sun, hello earth step one leg back – beep beep**). The hungry caterpillar **wiggled** out onto the edge of his leaf, looking for something to eat. *“I’m so hungry. I’d love something to eat!”*



Along came a **cat**, meow, meow. who gave the hungry caterpillar three plums.



The hungry caterpillar says **Namaste** and sitting with his legs out long in front of him, leans forward to eat them up. After finishing the plums he **rubs a hand on his tummy and pats his head** at the same time. *“Mmmm. That was tasty.”* But the hungry caterpillar was still.... Hungry! He **wiggles** back onto his leaf and falls back to sleep again (**mouse**).

On Thursday the sun came up (**hello sun, hello earth step one leg back – beep beep**). **step the other leg back – hissy snakes**). The hungry caterpillar **wiggled** out onto the edge of his leaf, looking for something to eat. *“I’m so hungry. I’d love something to eat!”* Along came a **camel**, blowing rude raspberries! who gave the hungry caterpillar four strawberries.



The hungry caterpillar says **Namaste** and sitting with his legs in **turtle pose** leans forward to eat them up. After finishing the strawberries he **rubs a hand on his tummy and pats his head** at the same time. *“Mmmm. That was tasty.”* But the hungry caterpillar was still.... Hungry! He **wiggles** back onto his leaf and falls back to sleep again (**mouse**).

On Friday the sun came up (**hello sun, hello earth step one leg back – beep beep**). **Step the other leg back – hissy snakes**. **Lift up to dog. – woof woof**). The hungry caterpillar **wiggled** out onto the edge of his leaf, looking for something to eat. *“I’m so hungry. I’d love something to eat!”* Along came a **dinosaur**, clumping with his big feet who gave the hungry caterpillar five oranges.



The hungry caterpillar says **Namaste** and sitting in **boat pose**, eats them up. After finishing the oranges he **rubs a hand on his tummy and pats his head** at the same time. *“Mmmm. That was tasty.”* But the hungry caterpillar was still.... Hungry! He **wiggles** back onto his leaf and falls back to sleep again (**mouse**).

On Saturday the hungry caterpillar was rolling from one side to the other on his **twisted twig** (supine twists with arms wide). He was moaning; *“I’m so hungry. I’d love something to eat!”*. Along comes a **lion** who does a big friendly roar! The lion has brought the hungry caterpillar lots of food. The hungry caterpillar says **Namaste** decides to make one big ginormous sandwich with it all. Sitting with his legs out long, he **butters his bread** (reaching to toes and back to tummy singing “butter, butter butter!”) Then he twists round side to side as he pops in all the fillings. One piece of chocolate cake, one ice cream cone, one pickle, one slice of Swiss cheese, one slice of salami, one lollipop, one piece of cherry pie, one sausage, one cupcake and one slice of watermelon.



He sits with his **legs crossed** and gobbles up the whole sandwich! Oh dear! That night he had a stomach-ache and he **rocked and rolled** forward and backwards hugging his knees. He decides to **telephone** the doctor. The doctor answers and says he will call back shortly. RING RING RING RING! That's the **telephone!**



The hungry caterpillar answers it (picking up the other foot) *“Hello, this is the hungry caterpillar speaking, how can I help you?... Oh hello doctor. Thanks for calling me back. Right. So I need to go to bed and keep off the unhealthy food. Rightio. I’ll do that.”*

The hungry caterpillar puts down the phone, heads to his **bed**, lies back and falls asleep.

The next day is Sunday again. The hungry caterpillar wakes up and decides to go and find some healthy food to eat. He **wiggles** off to a lovely old **tree** full of delicious green leaves. He **climbs up** “up we go, up we go, up we, up we up we go...” And eats one nice green leaf. After finishing he **rubs a hand on his tummy and pats his head** at the same time. *“Mmmm. That was tasty. I feel much better.”* Now the hungry caterpillar wasn’t hungry any more, but when he looked down at himself he saw he wasn’t a little caterpillar anymore... he was a big fat caterpillar! (**star pose** with puffed out cheeks.)

He does some exercises – **running on the spot**, stretching and swishing like a **windmill**, **jumping** and some **silly dancing!** Then he built a small house, called a **cocoon** around him. He stayed inside for more than two weeks. Then he **nibbled** a hole in the cocoon (**open and close jaw**) and pushed his way out (**donkey kicks**). He was a beautiful **butterfly** flutter knees then extend alternate wings/both wings asking the children what colour their butterfly is).

Relaxation

Get the children to find a space and lie down and make themselves comfy. Then you can read out the following as a guided relaxation to land the moral of the story.

We lie back and fold our butterfly wings around ourselves, placing a hand on our tummy and a hand on our chest. The hungry caterpillar has helped us learn about eating healthy foods. That the food we eat, although it tastes nice in our mouth isn’t always very good for our bodies... Our tummy usually tells us if it’s not good by aching. If we eat natural foods like fruits and vegetables that grow from trees or in the ground our bodies feel good and work very well. When we eat healthy food we grow and become stronger just like the hungry caterpillar grew to be a beautiful butterfly.

