

## SESSION: THE VERY HUNGRY CATERPILLAR

### Learning Outcomes

- **CL:** Children listen to instructions and follow them accurately
- **CL:** Children use a range of vocabulary in imaginative ways to add information and express ideas.
- **PSED:** Children are confident speaking to a class group.

### Theme:

This class will take children on a journey with the very hungry caterpillar finding lots of food, getting lots of sleep and eventually turning into a beautiful butterfly.

### Discussion Point 24 minutes 50 seconds

What colour are your butterfly wings?

Go around the room asking a few different children this question and listen to their creative answers, encouraging their imagination.

### Relaxation

Children should lay down on their back and close their eyes if they feel comfortable to do so.

If possible, turn off the lights to help with the ambience of the room.

Throughout this part, children should try to stay still and quiet and practice their breathing in through the nose and out through the mouth, this helps them to feel calm and relaxed. We will play relaxing music throughout the relaxation.

At first children may find it difficult to relax and stay still, but over the weeks you will notice the difference and the length of the relaxation will increase.

Children will listen to a lovely visualisation about a butterfly.