

# Parent Guide: Summer – Day 3 of 5 (Insects and Bugs)

## Butterfly Balloons, Tissue Paper Bugs, Butterfly Yoga

# 1

### Butterfly Balloons

This "magical" STEM activity will turn a caterpillar into a butterfly right before their eyes! A great lesson to teach liquids, solids, and gases as well as lifecycle stages.

#### Supplies Needed:

- balloon(s)
- black permanent marker
- vinegar
- baking soda
- empty clear bottle
- tray
- funnel
- measuring spoon

Join us on our Facebook page for instructions!

# 2

### Tissue Paper Bugs (source: [keytokinders.com](http://keytokinders.com))

Cute, easy, and quick...this little craft will get everyone smiling.

#### Supplies Needed:

- various colors (including black and white) construction paper  
(or download and print the templates from the link on our website)
- pencil
- scissors
- glue
- various colors of tissue paper
- marker



Join us on our Facebook page for instructions!

# 3

### Butterfly Yoga (source: [backyardkidsyoga.com](http://backyardkidsyoga.com))

This simple and mindful yoga flow creates opportunity to move our bodies while continuing a lesson on the butterfly lifecycle. With simple, visual instructions and a themed, written narrative your child will learn, move, reflect, and relax all at once!

Visit the link on our website for this guided workout.