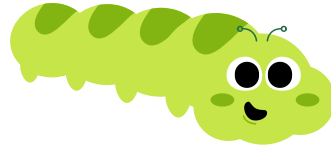


The Very Hungry Caterpillar



BREATH WORK:

BUTTERFLY BREATH INHALE AND EXHALE AS YOU FLAP YOUR WINGS.

BUMBLE BEE BREATH: CLOSE YOUR EYES, INHALE THEN MAKE A BUZZING SOUND.

COUNT YOUR BREATHS:

INHALE TO THE COUNT OF 4 EXHALE TO THE COUNT OF 4.

MOVEMENT:

BUTTERFLY POSE

TREE POSE

SUNSHINE POSE

COCOON POSE:

PLAYTIME:

SONG: SUN SALUTATION BY KIRA WILLEY. DANCE AROUND AND REMEMBER TO HAVE FUN!

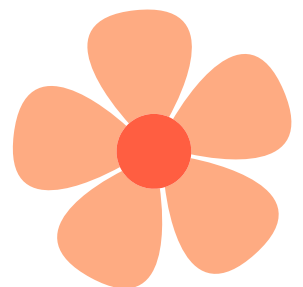
READING TIME: THE VERY HUNGRY CATERPILLAR BY: ERIC CARLE

ART TIME: SUPPLIES: PAPER, PAINT, PAINT BRUSHES.

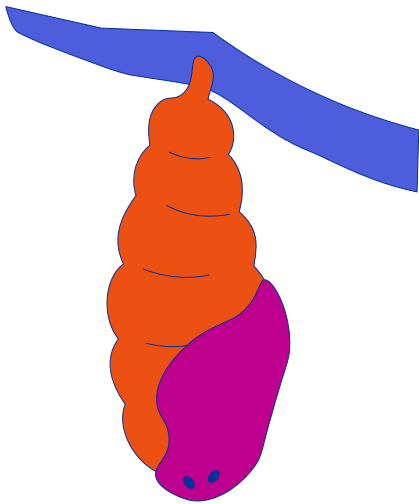
PAINT THE LIFE CYCLE OF A BUTTERFLY.

RELAXATION: LAY ON A MAT OR SOMEWHERE COMFY.

PLAY OCEAN SOUNDS ON YOUR DEVICE OF CHOICE. LAY FOR 1 MINUTE, FEELING YOUR BODY AND MIND RELAX.



PRESCHOOL SIGHT WORDS:



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