



**Our rhyme of the fortnight is:**  
Tiny Caterpillar on a Leaf.

There's a tiny caterpillar on a leaf - Wriggle, Wriggle (Repeat)  
There's a tiny caterpillar, a tiny caterpillar  
A tiny caterpillar on leaf on a leaf - Wriggle, Wriggle

He will eat the leaf about him till he's full - Munch! Munch! (Repeat)  
He will eat the leaf about him, eat the leaf about him  
He will eat the leaf about him till he's full Munch! Munch!

A cocoon is what he's spinning for his home - Spin, Spin (Repeat)  
A cocoon is what he's spinning, cocoon is what he's spinning  
A cocoon is what he's spinning Spin, Spin

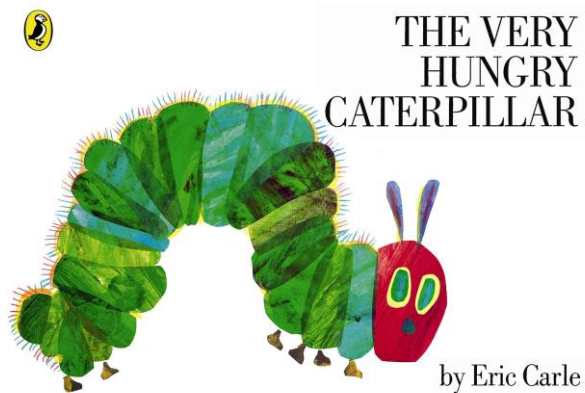
Then he'll be a butterfly and fly away Flap! Flap! (Repeat)  
Then he'll be a butterfly, he'll be a butterfly  
He will be a butterfly and fly away Flap! Flap!

There's a tiny caterpillar on a leaf  
Wriggle, Wriggle  
Munch! Munch!  
Spin! Spin!  
Flap! Flap!

**What to do at home together:**

- Start off by singing the song with your child and then add in actions.
- Actions rhymes are a good way for children to meet their 3 hours of recommended physical activity every day.
- Emphasise the rhyming words at the end of each line to help your child become aware of them.
- Go out on a walk to see if you can see any caterpillars/ butterflies or any other minibeasts such as ladybirds, spiders and woodlouse.
- Watch the rhyme below and sing the rhyme together again after.  
<https://www.youtube.com/watch?v=A-zQ82yN68I>

**Our book of the fortnight is:** *The Very Hungry Caterpillar* by *Eric Carle*

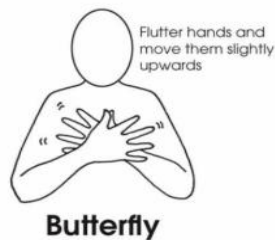


This story supports the children's understanding of life cycles, days of the week and touches on the concept of time. It supports children to understand the choices made when choosing what to eat – what is healthy/not healthy and lends itself to explore feelings. This text helps children to look into how the caterpillar evolves – teaching metamorphosis.

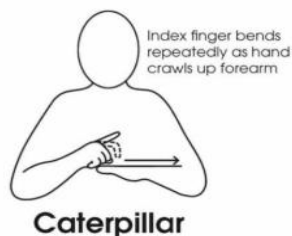
**How to get the most out of reading to young children:**

- Sit close together. You could encourage your child to hold the book themselves and turn the pages, too.
  - Be expressive!
- You don't just have to read the words on the page. Look at the pictures and talk about what is happening can the children tell you what might be next?
- Ask questions and talk about the book. What might the caterpillar be doing in the cocoon? How long will it stay like that until it emerges?
  - Have fun! Enhance the story whilst cooking, mealtimes or shopping, discuss what is healthy or unhealthy with your children.

## Our Makaton signs of the fortnight are:

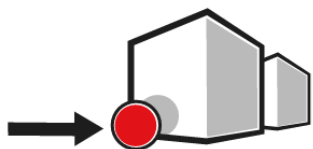


**Apple**

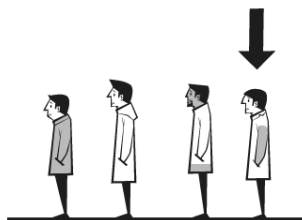


(Always remember to say the word as you sign)

## Our Concept Cat signs of the fortnight are:



**Front**



**Last**

## Our Right of the fortnight is:



Over the next fortnight, we will be exploring healthy food options through our core text. Whilst looking at the season of summer, we will be discussing ways to cool down and our right to clean water.

Article 24 - Children have the right to clean water and a safe environment.



Micky Me Size encourages children to have the correct portion size for their age. Children should be eating 'me size meals'. Toddlers and children have smaller stomachs than adults, so it is important they eat smaller amounts of food regularly. This links nicely to our core text as we will explore what it feels like to overeat.

Lots more early years health information, activities and recipes can be found on the Startwell website:  
<https://startwellbirmingham.co.uk/>