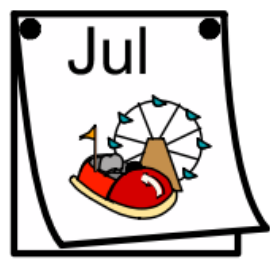
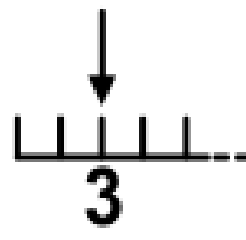




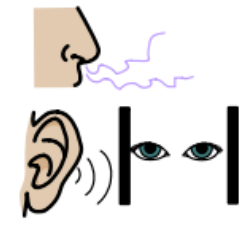
Friday



July



3rd

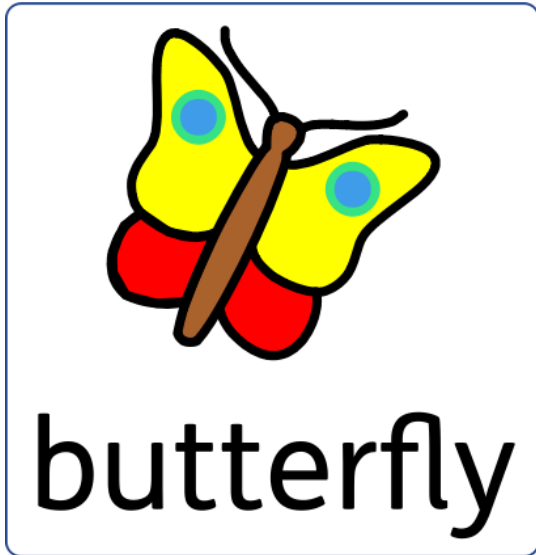


Sensory

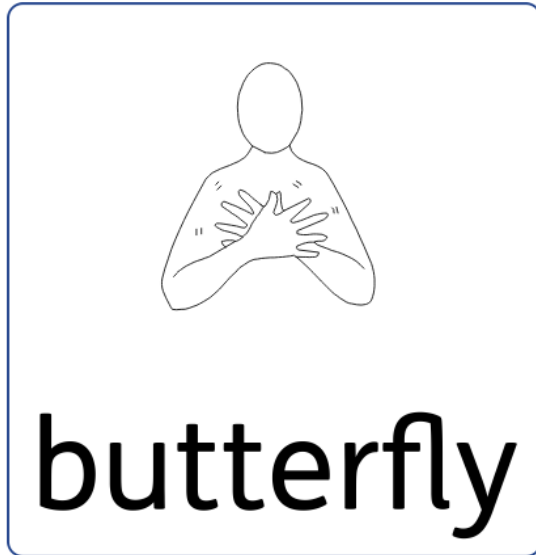


Activity

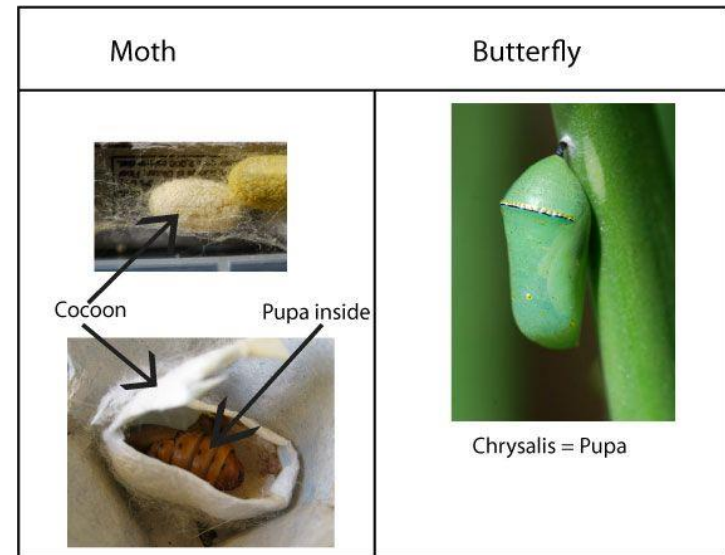
## Become a Beautiful Butterfly! Or Marvellous Moth!



butterfly



butterfly



Have you seen this week's caterpillar video with Helen? It won't be long until they start to change into chrysalides. (Moths have cocoons).

**Sensory benefits:** deep pressure, proprioception, vestibular input, motor planning, tactile discrimination

This activity is a lovely, relaxing, sensory experience – go at the pace of your child.

### You will need:

3 or 4 small pillows, soft cushions or stuffed toys

A soft rug or sheet

Carpeted floor or large gym mat

### What to do:

Lay the pillows out on the floor in a row making sure they touch each other.

At one end of the row, lay out the rug or sheet.

“Let's pretend you're a caterpillar about to become a beautiful butterfly/moth”

Help your child lie on their back with their ribcage on the first pillow and arms stretched above their head.

“This caterpillar needs to get nice and fat before it becomes a chrysalis”

Help your child to slowly roll towards you collecting the pillows as they roll.

“Time to make your chrysalis”

Carefully roll your child up whilst they're still holding or surrounded by the pillows.

“Caterpillar is changing into a butterfly in their chrysalis”

“Time to come out butterfly! One, two, three.....out it comes!”

Help your child wriggle out of their 'chrysalis' to become a butterfly, drop the pillows and flap around the room.

“More?!” 😊

