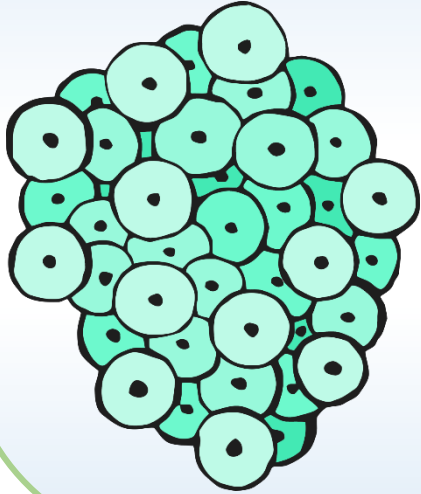


Life Cycle Actions – Frog 1

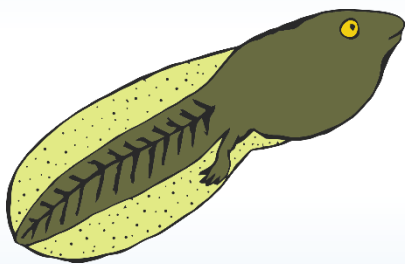


Pretend you are some wobbly **frogspawn** floating on a pond.

- Lie down on the floor. Make some very small movements as if the water is moving below you.
- The wind blows! Wobble quickly for a moment before slowing down again.

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Life Cycle Actions – Frog 2

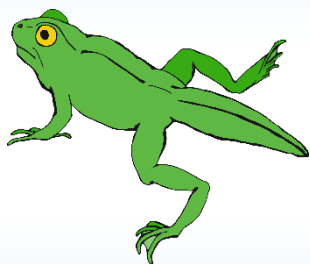


Pretend you are a **tadpole** breaking free from the frogspawn.

- Make yourself small in a ball.
- Wriggle, wriggle, wriggle and break free!
- Swim here, swim there. Little quick movements. Watch out for big fish! Hide!

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Life Cycle Actions – Frog 3

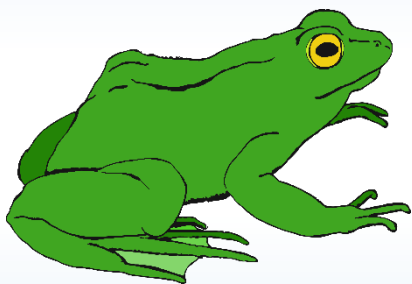


Pretend you are a growing **froglet** exploring the pond.

- You can swim faster now using your new back legs.
- Move around the pond. If you see any little insects in the water gobble them up!

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Life Cycle Actions – Frog 4

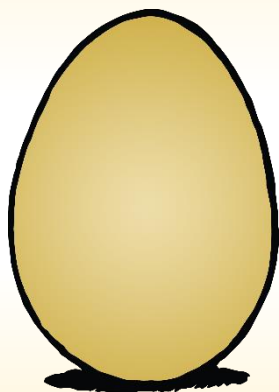


Pretend you are a **frog** leaving the pond on your strong jumping legs.

- Hop out of the pond.
- Use your strong back legs to jump, jump, jump!
- Catch that worm for dinner!
- A cat is coming! Back to the pond! Splash!

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Life Cycle Actions – Chicken 1

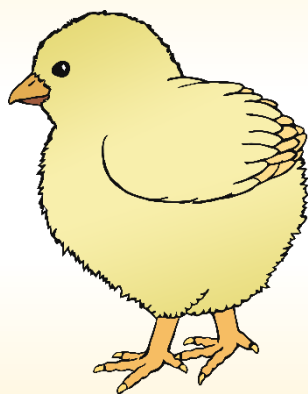


Pretend you are a chicken's **egg**.

- Make your body very small; curled up on the floor.
- Very slowly, start to crack the shell and stretch up and out. How slowly can you do it?

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Life Cycle Actions – Chicken 2

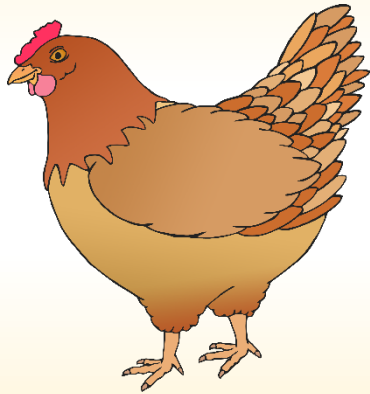


Pretend you are a **chick** just out of your shell.

- Hold your hands at your sides and move in little steps around.
- Look at the floor for food... bob your head... scratch with your feet.

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Life Cycle Actions – Chicken 3



Pretend you are a **chicken**.

- Walk around with your back straight.
- Peck for food if you see any on the floor.
- A fox! Quick, flap your wings to jump away! Get back to the coop!

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Life Cycle Actions – Butterfly 1

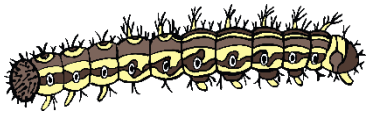


Pretend you are a butterfly **egg** stuck to a leaf.

- Curl up in a ball. Try to keep as still as possible.
- The wind blows but you are so tiny and stuck so strongly that you only wobble a little.

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Life Cycle Actions – Butterfly 2

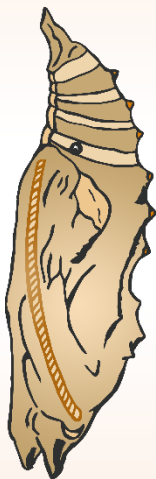


Pretend you are a **caterpillar** breaking free from the egg.

- Push your caterpillar head forward and squeeze out of the egg.
- First, turn around and eat the egg.
- Now crawl, crawl, crawl to find lots of food!

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Life Cycle Actions – Butterfly 3



Pretend you are a **chrysalis** stuck to a branch.

- Make your body very strong. You are stuck to the branch.
- Keep your body strong but do some tiny wiggles as your caterpillar body begins to change inside the chrysalis.

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Life Cycle Actions – Butterfly 4



Pretend you are a beautiful **butterfly**.

- Break out of the chrysalis. Wait for a moment to let your wings expand. Stretch out your arms!
- Now flap those wings so silently to visit lots of flowers.

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