

Theme: Movement and Mealtime Manners

Activity #1: Hand Washing with Amy and Andy

Contents:

- Picture of Amy and Andy Hand Puppets



Amy and Andy hand puppets are made from gardening gloves with felt cut out in pieces in the shapes of a mouth, nose, and eyes, making a face and glued to the gloves with fabric glue. As an easy alternative you can draw the face on with colored markers. Use a brown marker to draw on the dirt and soil.

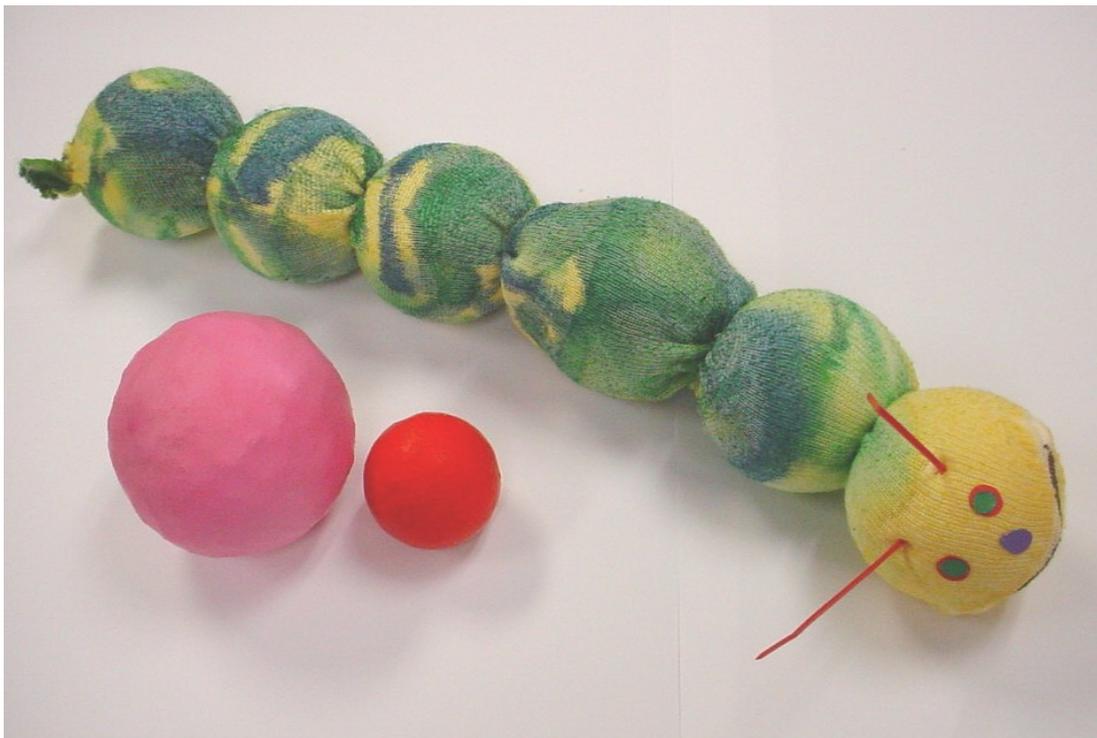
Healthy Beginnings

Theme: Making Healthy Choices

Activity #2: The Very Hungry Caterpillar

Contents:

- Picture of the Very Hungry Caterpillar doll and stomach balls
- Instructions to make the Very Hungry Caterpillar doll



The very hungry caterpillar is made of a tie-dyed sock. The caterpillar's middle stomach circle has a 4" zipper or Velcro so the stomach can be opened up and different sized balls can be placed inside. The caterpillar comes with three Styrofoam balls: a large, medium, and small ball. See the next pages for more detailed instructions.

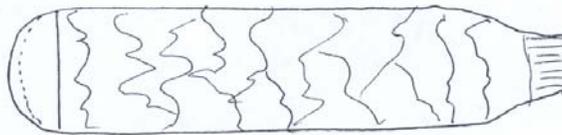
The Very Hungry Caterpillar Instructions

Materials Needed: One large men's tube sock per doll
Permanent markers or tie dye kit
Styrofoam balls: 5 medium, 1 large, 1 small
Zipper - 4" long (you may need to purchase a larger zipper and zig-zag stitch the end at 4", trim away the excess). Velco can be substituted.
String
Colored construction paper or wiggly eyes
Pipe cleaner for antennas
Hot glue gun and glue sticks

1. Dye the tube sock yellow. (If using tie dye kit rather than permanent markers, leave the head yellow only and use multiple colors for the rest of the body.)
2. Measure 2.5" from the toe tip of sock and draw a line.



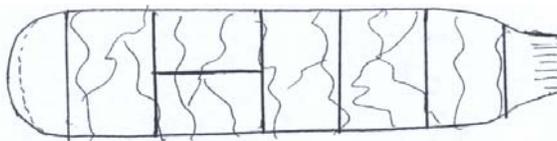
3. Beginnings at that line, use marking pens to make patterns in bright colors on the width of the sock.



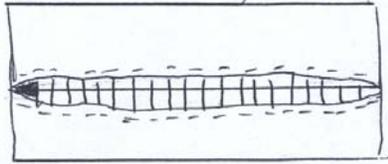
4. Measure from toe tip of sock down 4" and mark a line. Measure off 4 more inches and draw a line. Repeat until you have six lines.



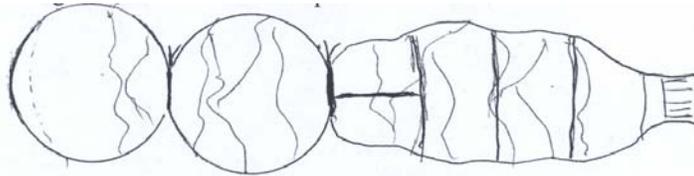
5. On the third space draw a horizontal line in the middle of the space and cut with scissors.



6. Sew a 4" zipper to both sides with zipper open (can substitute Velcro)



7. Using medium size (3") Styrofoam balls, stuff the toe of the sock and tie off with string. Repeat with a second ball.



8. The third space (zippered space needs to be left open to fit different size balls.

9. Continue tying the balls off to the end of the sock.

10. Stuff the end of the sock to make a little tail and sew off. Cut off any excess sock.



11. Using the hot glue gun, glue between the tied off ball and hold in place until cool. Repeat with all the spaces. This will hide the ties and make the caterpillar look more natural.



12. Using markers draw eyes and nose on the caterpillar. The toe seam can be highlighted with black marker to make a mouth. Pipe cleaners can be used for antennae



13. The small, medium, and large Styrofoam balls are used in the zippered space to show tummy size.