

Move at Home: 'The Cautious Caterpillar' Workout

Cody the Caterpillar is nervous about changing into a butterfly.

"Flying looks tiring," said Cody.

"I wish I could stay a caterpillar forever!"

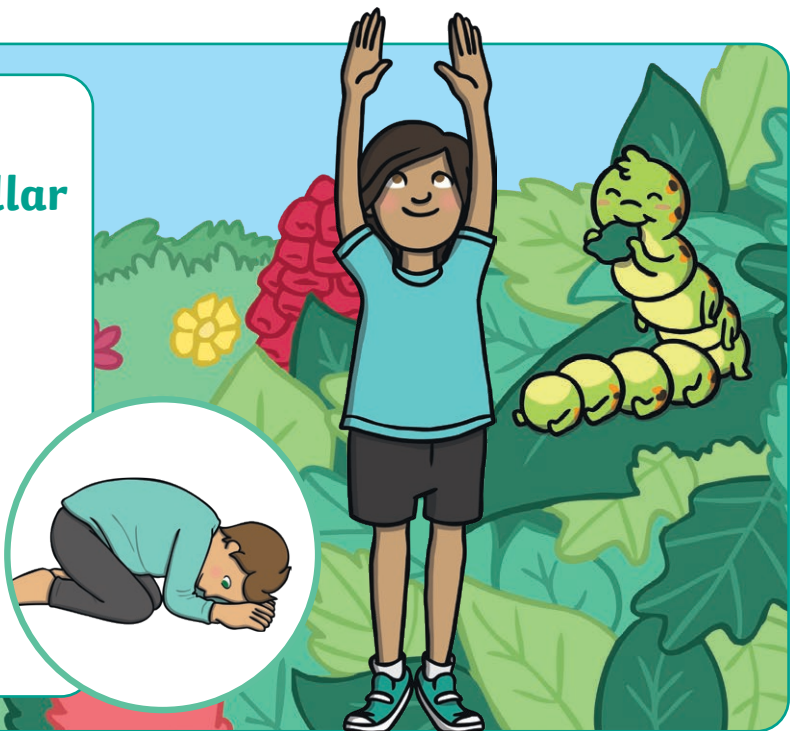
Will some encouragement from her minibeast friends help her to be brave?

Join Cody as she learns to embrace her exciting transformation.

Read the eBook [The Cautious Caterpillar](#) and then try the different exercises below.

Hatch out from your egg and stretch like Cody the Caterpillar

- Begin in a curled position like the caterpillar waiting to hatch from its egg.
- Slowly hatch from your egg and stretch your arms and legs.
- Hold the position for 10 seconds.
- Crawl over to a tasty leaf.



Fly like a ladybird

- Flap your wings like a ladybird and move around the space.
- Use the whole space and keep changing direction.
- What can you see from the sky looking down into a spring garden?

Like a busy bee, move between the flowers sipping the nectar

- Imagine you are a busy bee looking for tasty nectar.
- Run from flower to flower sipping the nectar by squatting down at each one and making slurping noises.
- Do it for 20 seconds.
- Have a rest and then repeat.



Jump like a grasshopper

- Jump around the space like a grasshopper, taking off from two feet and landing on two feet.
- How high can you jump?
- How far can you jump?



Be like a butterfly

- Get into the butterfly yoga pose.
- Sit on the floor and put the soles of your feet together.
- Wrap your hands around your feet and keep your back straight.
- Gently bounce your knees to flap your butterfly wings.



Make up one of your own

- Now think of another animal you might find in a garden at springtime.
- What is it good at?
- Move around like that animal.
- Can you make up an exercise for your animal?

