



My Story of Change Lesson Plan

Worm
and
Caterpillar
are friends

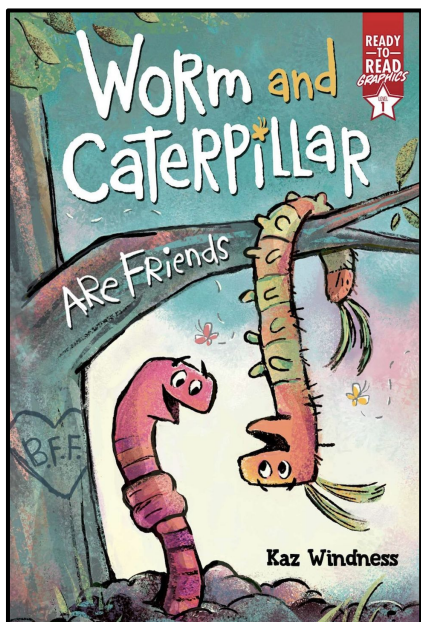


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Written & Illustrated by Kaz Windness
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Goal: Students will utilize “Worm and Caterpillar are Friends,” as a tool for finding common ground among differences and navigating change in their lives.

Note: This lesson can be adapted for multiple grade levels and would work well with a unit on insect life cycles.

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“Worm and Caterpillar are Friends”
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Learning Goals

Social Emotional Learning

This lesson will help early elementary students...

Demonstrate awareness of personal and collective identity encompassing strengths, areas for growth, aspirations, and cultural and linguistic assets.

Describe different types of adversity and what they can learn from others' stories of overcoming difficult experiences, resilience, and remaining hopeful in the face of challenges (e.g., current and historical characters).

Demonstrate the ability to engage in respectful and healthy relationships with individuals of diverse perspectives, cultures, language, history, identity, and ability.

English Language Arts

This lesson will help 1st grade students...

Describe the connection between two individuals, events, ideas, or pieces of information in a text.

Describe characters, settings, and major events in a story, using key details.

Use illustrations and details in a story to describe its characters, setting, or events.

Write narratives in which they recount two or more appropriately sequenced events, include some details regarding what happened, use temporal words to signal event order, and provide some sense of closure.

Describe people, places, things, and events with relevant details, expressing ideas and feelings clearly.

Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.

Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.

My Story of Change

Educator's Handout

Time: 40 minutes

- 1) Explain, Read & Summarize: 20 minutes
- 2) Write, Draw & Share: 20 minutes

Materials:

- "Worm and Caterpillar are friends"
- Student's Handout 1
- Student's Handout 2
- Student's Handout 3
- Consider using this lesson after studying the lifecycle of a butterfly.
(Page 62 & 63 of the book features the life cycle of a worm and butterfly).

Instruction:

1. Explain: The purpose of this activity is to summarize the main events of "Worm and Caterpillar are Friends," to discuss how the main characters navigate changes in Caterpillar's life and to draw and describe a big change in your own life.
2. Read & Summarize: "Worm and Caterpillar are Friends" as a class.
 - a. Use **Student's Handout 1 + 2** to pause and summarize what is happening and have students write what Worm and Caterpillar might be thinking or feeling at each stage of Caterpillar's transformation.
 - i. Caterpillar and Worm as friends before the change.
 - ii. Caterpillar prepares for the pupa stage.
 - iii. Caterpillar enters the pupa stage.
 - iv. Caterpillar transforms into Butterfly.
3. Write & Draw:
 - a. Ask students if they have ever experienced a big change in their life. What are some examples? *Moving, starting school/a new grade, new sibling, getting a new pet, family composition changing, personal or family member's identity changing, etc.*
 - b. Use **Student's Handout 2 + 3** to illustrate and write a personal story of change.
 - c. Students will break their story of change into 4 stages or parts, such as what happened 1st, 2nd, 3rd and 4th.
 - d. Students will draw what happened and describe what they felt or thought at each stage.
4. Share: Ask for volunteers to share their story.
 - a. Did your feelings about this event change over time?
 - b. Did someone or something help you transition through this change?

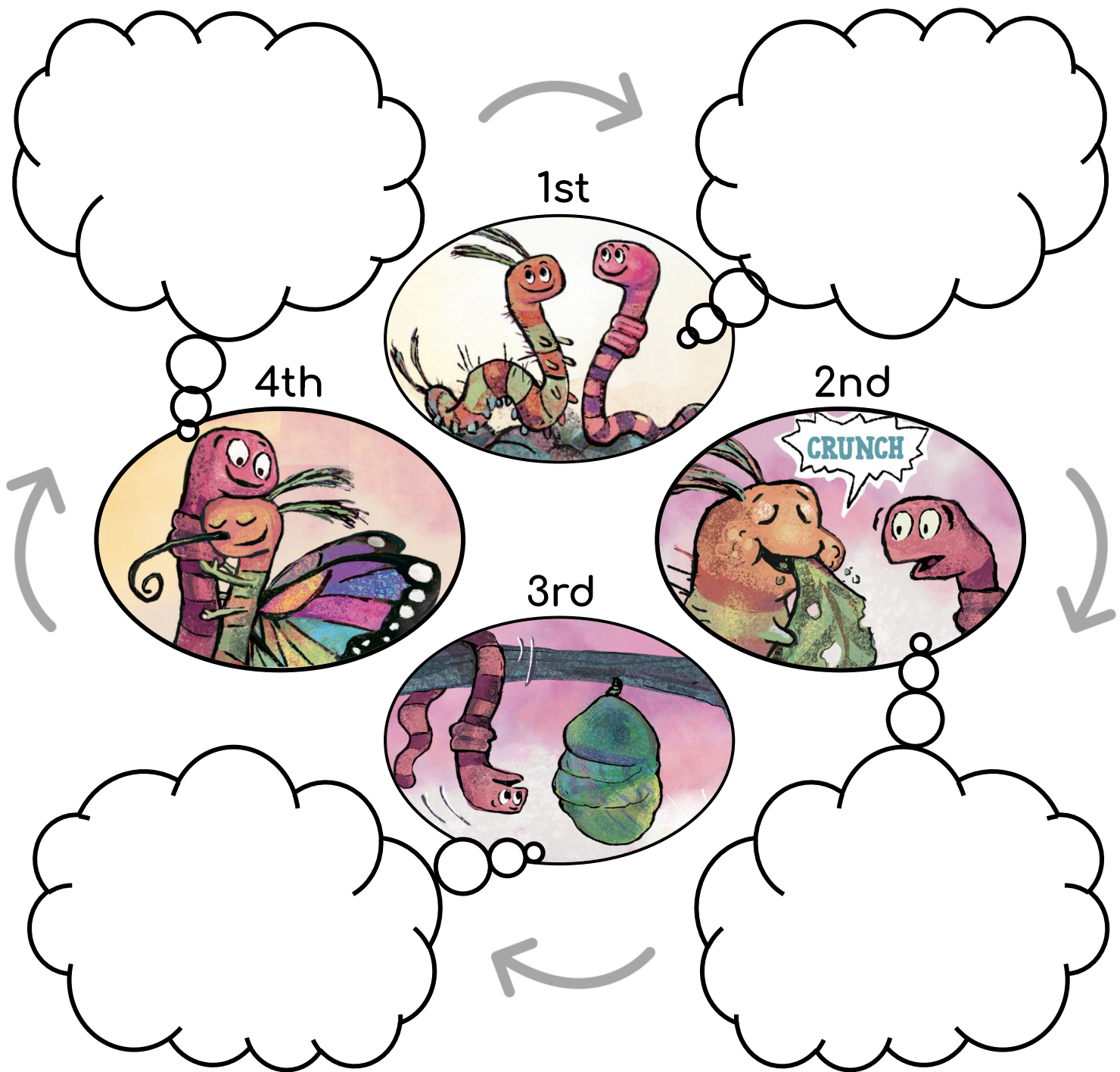


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Student's Handout 1

Name: _____

What do you imagine the main characters are thinking or feeling at each stage of Caterpillar's transformation to Butterfly?



My Story of Change

Student's Handout 2

Below are some feelings and actions of Worm and Butterfly during the book. You can use these as a guide for Handouts 1 and 3.



Afraid

Annoyed

Confident

Excited

Different

Disgusted

Fancy

Frustrated

Full

Happy

Hungry

Honest

Impatient

Independent

Lonely

Loved

Mad

Nervous

Sad

Safe

Secure

Similar

Supported

FEELINGS

Unsure

Wonderful



ACTIONS

Agreed

Celebrated

Changed

Connected

Disagreed

Liked

Persisted

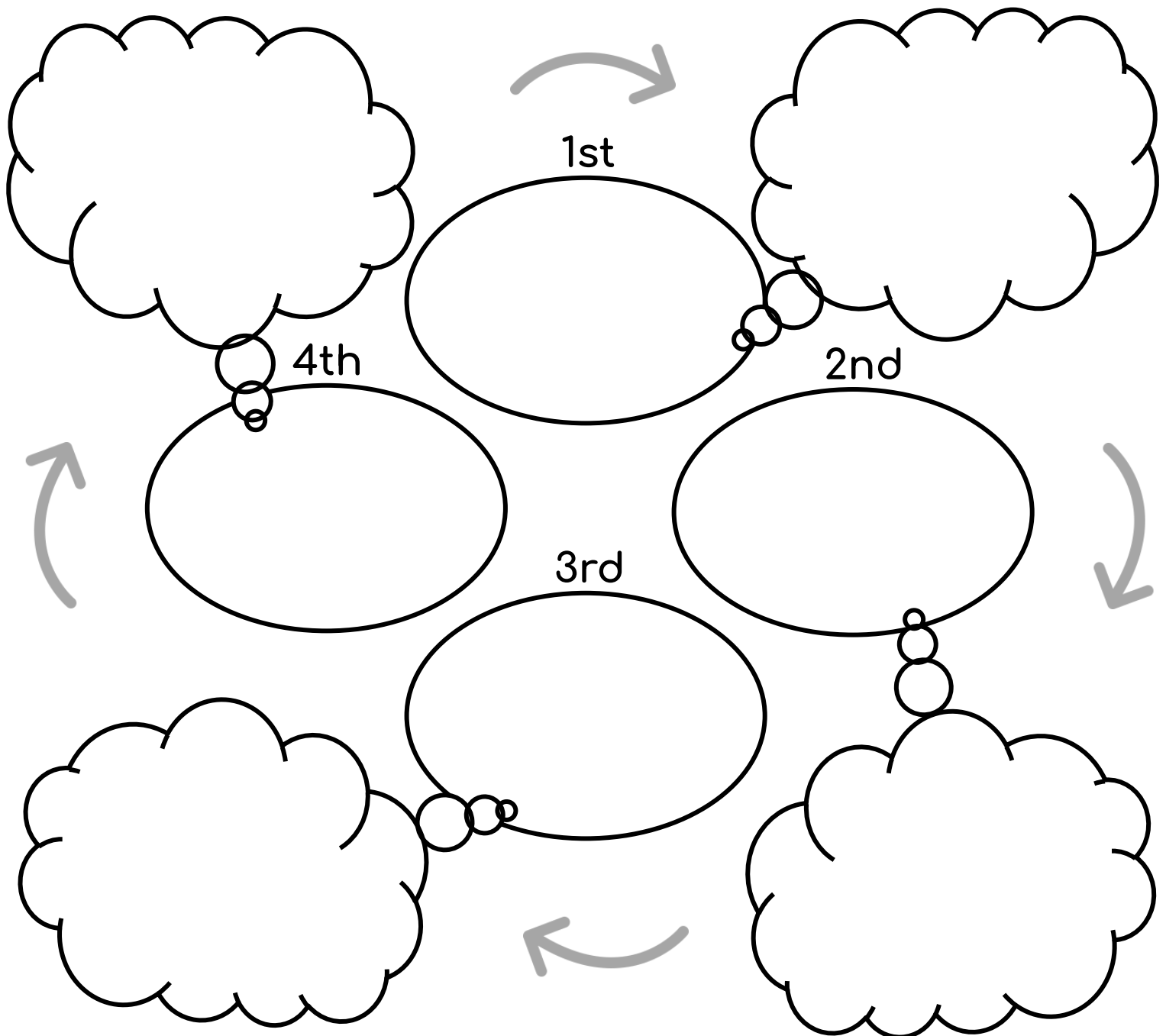
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Student's Handout 3

Name: _____ Event: _____

- What event led to a major change in your life?
- Draw what happened at 4 different stages of this event.
- Describe what you thought or how you felt at each stage.



Additional Resources

- English Language Arts Standards | Common Core State Standards Initiative. (2020). Common Core Initiative. https://learning.ccsso.org/wp-content/uploads/2022/11/ELA_Standards1.pdf
- Social and Emotional Learning. (2020). The Collaborative for Academic, Social and Emotional Learning (CASEL) <https://www.ncsl.org/research/education/social-emotional-learning.aspx>

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Leah is a former history teacher and Director of Edtech. She holds a MA in Education from the University of Michigan and currently serves as a freelance curriculum designer.



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