



It's a Bug's Life

Children take a nature walk and observe different insects' behaviors and habitat.

Executive Function Focus:

- Inhibitory Control – avoid touching
- Cognitive Flexibility – collect and record observations

Material's List:

Data sheet and crayons/colored pencils
Various insects in natural habitat

Social Emotional Skills:

- Effectively communicates stories and information to others
- Receptive to new and unfamiliar ideas, feelings, and experiences

Before you Start/Set Up:

- Discuss with children the importance of insects in the environment.
- Download and print insect data recording sheet.

How to Play:

Have children walk or sit quietly in the nature area you selected.

After watching several different insects, have children choose one species to focus on and make observations.

Children should complete each section of the data sheet.

Once all children have completed their observations, have them sit in a circle. Call on each child one at a time and have them identify the insect (if they can) and share one observation that was special.

Next, tell the children that they are going to pretend to be that insect for a day and will create a story called "A Day in the Life of ...". Give them enough time to imagine what it would be like from morning to night to be the insect. Encourage them to describe meals, play, families, etc.

Variations:

- Have children draw what they think the lifecycle of the insect would look like.
- Find some children's books that have insects as the main character. Reflect on "fact and fiction" from the stories they invented.
- Do the same with rocks, plants, etc.

Reflective Questions:

"How does it feel to sit quietly and just watch a bug?"

"What differences did you notice about each type of bug you watched?"

"Why was it hard to be still and quiet?"

"What did you do to make sure you didn't disturb the insects you were watching?"

It's a Bug's Life Activity Sheet

What I found (name)	Where I found it (leaf, dirt, air, etc.)
How many did I see? (tally)	How does it move? (crawl, fly, jump, etc.)
What does the bug look like? (draw)	What does its bedroom look like? (draw)
Invent a new bug. (draw)	Where does your bug play with? (draw)