

Nature at home

Experience the magic of
Forest School from home!

Be A Butterfly

Make your own wings then fly around and drink nectar like a butterfly!

This activity can be done either indoors or outdoors.

Step
One

Make your wings by folding a piece of card in half and cutting into wing shapes. Use a hole punch or carefully cut four small holes in the wings near the fold line.

Step
Two

Open out the wings and decorate them. If you have paint, put your wings onto the newspaper and paint one side. While the paint is still wet, press the two wings together so the paint copies onto the other side of the wings too.

Step
Three

When the wings are dry, thread the string through the holes and tie around your shoulders so the wings are on your back. See if you can make them flap!

Now it's time to drink like a butterfly! Butterflies drink nectar from flowers through a straw-like tube called a proboscis. You can flutter around and drink through your straw!

On a sunny day try to find a butterfly and watch to see if you can spot them uncurling their proboscis and drinking from a flower!

You could try making tiny wings and tie them onto your finger instead of your back!

We taste with our tongue but butterflies use their feet to taste the flowers!

Kit List

- Card (e.g. from a cereal box).
- Scissors
- Hole punch (optional)
- Paint or crayons.
- String or ribbon.
- Newspaper
- Drinking straw
- A drink in an open cup



City of Westminster



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA