



## Flutterby Butterfly

Butterflies can often be seen visiting our gardens. Planting the right plants for them is very important. Each species tends to have specific host plants that provide both food and shelter. Common butterflies and their host plants of Ohio include:

**Monarch:** Monarchs are one of the most recognized butterflies. Males have the alar (scent) glands on the



hindwings, while females do not. They feed on milkweed as a caterpillar (larval stage) which makes the adult butterfly toxic to predators such as birds. As adults they feed on Milkweed, Butterfly Weed, Joe-Pye Weed, Goldenrod, Asters, and Liatris (Blazing Star). They are known for

their migration to and from Mexico every year.

**Eastern Tiger Swallowtail:** Among the Tiger Swallowtails, females have the blue scales and males do not. As caterpillars they feed on



Black Cherry, Tulip Tree, Ash, Spicebush and as adults their feeding extends to Butterfly Weed, Bee Balm, Phlox, Milkweed, and Liatris (Blazing Star).

**Viceroy:** In appearance the Viceroy looks similar to a Monarch, which is a form of mimicry to protect the butterfly. Since Viceroy's host



plants for the caterpillars include Willow, Poplars, and

Black Cherry, they are also toxic to birds. Easily mistaken as a Monarch but in passing, most predators would not notice that distinct line on the hindwings that is the identifying characteristic. Therefore, they do not eat them. The adults feed on Asters, Joe-Pye Weed, Goldenrod, and Phlox.

### Painted Lady:

These butterflies can be found on every continent except



Antarctica and Australia. The caterpillars feed on thistles and many other plants. Nectar plants for the painted lady include: Joe-Pye Weed, Liatris (Blazing Star), Bee Balm, Goldenrod, Phlox, and Asters.

**Spicebush Swallowtail:** If you have Spicebush or Sassafras growing nearby, you may find this butterfly. As



an adult it feeds on Milkweed, Butter-

fly Weed, Purple Coneflower, Joe-Pye Weed. One of the unique characteristics is that this butterfly tends to fly low to the ground.

### Eastern Black Swallowtail:

The caterpillar of this butterfly is often considered a pest because it feeds on parsley, carrots, celery, and dill. The adults feed on Milkweed, Butterfly Weed, and Phlox.



## Stories and Guides for Flutterby Butterfly

Here are some books to help explore butterflies and insects in the classroom.

*Becoming Butterflies* by Anne Rockwell and Mehan Halsey

*Butterflies in the Garden* by

Carol Lerner

*A butterflies Life* by John Himmelman

*Oh no, Woolly Bear!* by Patricia McFadden

*Butterfly house* by Eve Bunting

*Bugs Are Insects* by Anne

Rockwell and Steve Jenkins

*About Insects: A Guide for Children* by Cathryn Sill and John Sill

*Crinkleroot's Guide to Knowing Butterflies & Moths* by Jim Arnosky

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## Crafty Caterpillars & Butterflies!



### Caterpillar on Leaf

Start with a child's foot, some paint (color of your choice), crayon, paper, and a leaf. Using a crayon, do a leaf rubbing onto paper. Paint the toes of your child and stamp onto a piece of paper. Let dry and cut out your "caterpillar" to attach to your leaf rubbing.

### Butterfly & Chrysalis

Make a felt butterfly and attach a craft stick as body to the center. Paint a toilet paper tube to look like the chrysalis. Now you have a butterfly & chrysalis puppet!



### Painted Butterfly

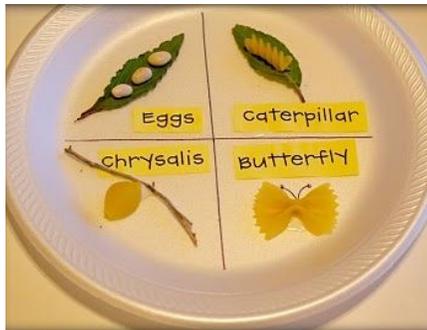
Start with a piece of construction paper, a variety of paint colors, contrasting construction paper and pipecleaners. Fold a piece of paper in half. Have children make paint blobs on one half. Fold paper over and press with hand to spread paint. Cut out a butterfly body and background for finished butterfly. Once dry, glue painted butterfly onto background, layer pipecleaner antennae, and body on top. Glue together for finished butterfly.



**Heart Butterfly** Start with a variety of hearts. With layering and colors, you can create a butterfly by gluing the hearts together. Add antennae and eyes if desired.

## Activities for Further Learning and Fun

### Butterfly Life Cycle (with noodles)



Butterflies go through complete metamorphosis, so there are 4 stages of their life. Use 4 different styles of noodles (orzo, rotini, small shells, and bowtie pasta) to represent these stages. Divide a plate and label with

"eggs, caterpillar, chrysalis, and butterfly." Have children glue noodles to the appropriate section of the plate.

### The Big Striped Caterpillar

*tune of Itsy Bitsy Spider*

The big striped caterpillar  
Climbed up on a leaf.  
Made a little chrysalis  
And then fell fast asleep.  
While she was sleeping  
She dreamed that she  
could fly.  
And when she woke up,  
She was a butterfly!



### Caterpillar & Butterfly Snack Ideas

#### Butterfly snack bags

Using a ziplock bags, fill half the bag with grapes and the other half with goldfish. Have the students decorate a clothespin with googly eyes and pipecleaner antennae. Use the clothespin to close off the two sides.



#### Fruit Butterflies

Using sliced fruit (strawberries, bananas, raspberries, etc), have the children make their own butterflies.



#### Banana Caterpillar

Slice a banana, and skewer with pretzel sticks to make the body. Attach a grape for the head. Then use pretzel sticks for the antennae.