

Fly Away Butterfly

You are sure to have spotted some butterflies fluttering by when you are out on walks or in your garden – they seem to have been out early this year! Aren't they beautiful and of course have an amazing life story, never mind being very important pollinators? However, sadly, they are not actually doing so well.



Watch this short video to learn more:

<https://www.youtube.com/watch?v=3WIDa-ITUR0>

Here are some activities to learn more about, have fun with and help our butterflies:

1. **Be a Butterfly Spotter** - identify and count the butterflies you see and take part in a Butterfly Conservation Survey
2. **Help our butterflies – make a butterfly feeder.** Sadly, there are not as many butterflies around as there once were, but we can all do something to help. We can make our gardens and outdoor spaces more butterfly friendly by planting nectar rich flowering plants and leaving long grass also helps provide places for them to live.
3. **Design a flower that butterflies would love to visit** – get creative using recyclable materials and bits and bobs to explore the parts of a flower.
4. **Create yourself a beautiful butterfly** – yes literally you are it!
5. **Make and eat Butterfly Fruit Pizzas!** – butterflies are pollinators which are necessary for plants to produce fruits. Use summer fruits to decorate a yummy crumpet pizza.

Be a Butterfly spotter

How many different butterflies have you seen in your garden or when you have been out for a walk? Can you spot the different ones? Do you know their names?



- Use this guide to help you identify the different species you see.

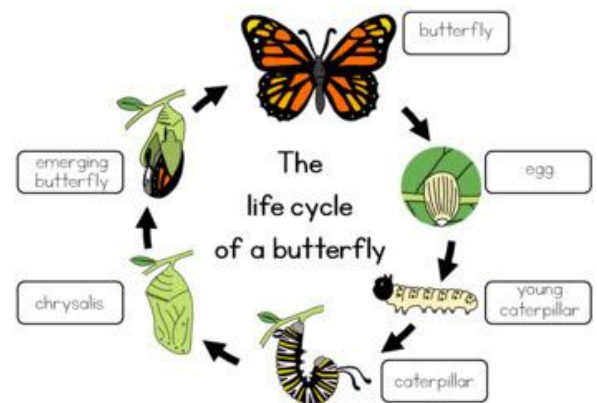
http://www.treetoolsforschools.org.uk/activities/pdfs/pdf_butterfly_spotter_sheet.pdf

If you see a butterfly approach quietly and slowly, and don't try to hold them as they are very fragile.

- If you wish, you can report your sightings to help the work being done to conserve our UK butterflies.

<https://butterfly-conservation.org/how-you-can-help/fund-our-work/other-ways-to-help/send-us-your-butterfly-sightings>

- Of course, the second stage of a butterfly's life is as a caterpillar (remember The Very Hungry Caterpillar story!). Can you find any?
The best place to look is on the underside of green leaves – you will probably spot evidence of their nibbling first and maybe the eggs they hatch from as well.



http://www.treetoolsforschools.org.uk/activities/pdfs/pdf_butterfly_caterpillar_spotter_sheet.pdf

- If you are really fascinated why not study the moths that visit at night too – they are amazing but not so easily spotted! You could set up a moth trap overnight.



Help our butterflies – make a butterfly feeder

You will need:

- an empty plastic squeezey sauce bottle with lid
- rubber bands
- water
- sugar
- string (approx. 40 cm)
- cotton wool ball
- paint, fake or real flowers and rubber bands

What to do:

1. Make sure your bottle and lid are clean. Remove the cap.
2. Poke the cotton ball into hole in the lid so it is stuck with some poking out either side.
3. Put rubber bands tightly around the bottom of the bottle and attach the ends of the string to bands either side of the bottle to make a loop for it to hang upside down.
4. Next make a sugary water. In a pan, over gentle heat, dissolve 1 part sugar to 8 parts water – enough to half fill your bottle. Leave to cool.
5. Decorate your bottle with bright paint to look like a flower. Stick on fake flowers or put more bands round and tuck in real flowers.
6. When your sugary water is cool, fill the bottle and put on the lid firmly.
7. Turn it upside down and hang it from a tree near some flowers. The sugary water will seep through the cotton wool.
8. Stand back and watch for the butterflies visiting to drink from it.

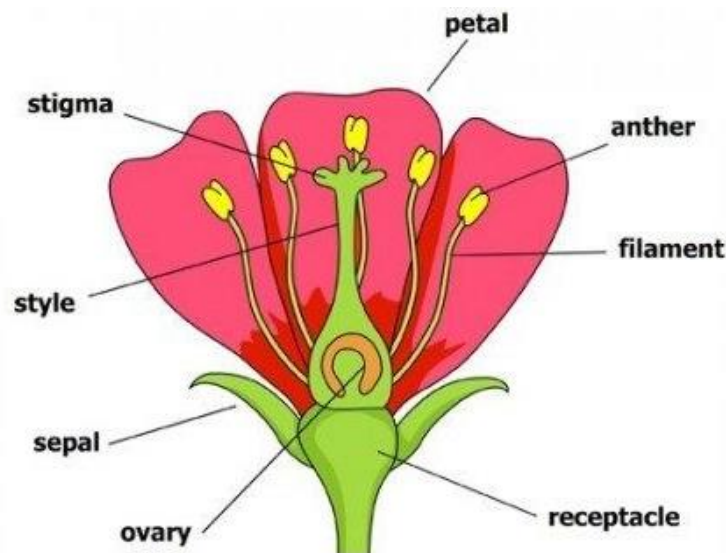


Design a flower butterflies will love to visit

Have you ever studied a butterfly, or any other insect, feeding on a flower and seen their long tongues reaching down into the centre of the flower to drink the nectar?

See if you can sneak up on one quietly and watch!

As they reach for the nectar their bodies brush on the pollen on the anthers of the flower. The pollen sticks to them so that when they visit the next flower, it brushes onto that flower's sticky stigma meaning it fertilises it and the seeds will form. So butterflies and insects are important help in plant pollination.



Can you design and make a flower a butterfly would love to visit using recyclable materials eg a yogurt pot/paper plate/card? For butterflies, the flowers need to be big enough so they can land on them. Can you make the different parts of the flower with some flour for pollen, a sticky stigma and sweet nectar?

How do flowers make themselves attractive to insects such as butterflies? They have brightly coloured petals, sometimes with lines drawing the insect in, and of course a sweet scent.

Attach your flower to a stick and test if it works in your garden!

Make yourself a beautiful butterfly

You will need:

A dry day with no wind

A flat area of grass

Lots of thin sticks

Other natural materials – leaves, flowers, cones, stones

Remember not to pick living things especially if they are not in your garden.

What to do:

- Use the sticks to make the shape of a giant butterfly on the ground. Remember to make it symmetrical.
- Bring it to life by filling in the wings with the materials you have collected (this is much easier done in autumn when there are lots of colourful leaves so if you can't find natural materials you can use anything you can find to make it colourful, scarves are good!)
- Lie down and become the creature's body – remember you will need antennae!
- Relax, look up, and dream of flying away!



Alternatively:

You could make a smaller collage picture that will last longer by drawing a butterfly shape on paper and sticking on the natural materials in a symmetrical pattern – you would need to find something else to be its body!!

Butterfly Fruit Pizzas



Ingredients:

2 eggs

50g caster sugar

200g plain flour sifted

280 ml milk

1 tsp bicarbonate of soda

2 tsp cream of tartar

4 tsp milk

pinch salt

cream cheese

natural yogurt

selection of fresh summer fruits – strawberries, raspberries, blueberries, nectarine slices, banana, kiwi etc

To make crumpet bases:

- Beat eggs and sugar until they are thick and creamy.
- Add flour and 280 ml milk, beat until smooth.
- Dissolve bicarbonate of soda and cream of tartar in the rest of the milk and stir quickly into the mixture.
- Pour ladle-fuls of mixture onto a medium hot girdle/non-stick frying pan (they should be about 15 cm across – either round or butterfly shaped if you can!).
- When bubbles appear on the surface, gently turn over.
- Once cooked keep warm in tea-towel.

For the topping:

Combine equal quantities of cream cheese and natural yogurt until smooth (add some vanilla extract or honey if wish).

Spread over cooled crumpet and arrange fruit in symmetrical pattern of a butterfly.

Drizzle with honey if wish.

Enjoy!

