

# Life cycle Lessons

An at home, do-it yourself family activity for Ages 7-12 (can be modified for younger or older children).

Provided by Gumbo Limbo education staff.

**Purpose:** Children will be able to identify that there are life cycles for organisms, and they are distinguished based on phases.

Define life cycle: the series of changes in the life of an organism.

## Activity:

- Online Story Time Book #1 (Ages 3-5): The Very Hungry Caterpillar – by Eric Carle  
<https://www.youtube.com/watch?v=c8RBVbvWmd4>
- Book #2 (Ages 6 and up) Growing Frogs – Vivian French, Illustrated by Alison Bartlett  
<https://www.youtube.com/watch?v=-yZsabslwS8>

## Activity:

- Watch the life cycle stages of a monarch butterfly and a wood frog. Can you name all of the stages of its life cycle? [Butterfly Life Cycle](#) [Wood Frog Life Cycle](#)
- Pick an animal and complete the life cycle activity: shark, octopus, sea star, crab, what will you choose?

Worksheet link titled: Pick a Life cycle



- Create your own life cycle booklet about plants.

Worksheet link titled: Life cycle of a plant

