



## HELLO PARENTS,

A life cycle is a series of stages a living thing goes through during its life. These developmental stages can be very simple or complex, but all plants and animals, including humans, have life cycles that are repeated over and over with each new generation. All living organisms start with seeds, eggs, or live birth, then grow up, reproduce, and end in death, however, the new generations continue their own life cycles. Growth and reproduction are two central components of life cycles of plants and animals, and the process is repeated for millions of years in order for each species to survive. In this newsletter, we provide activities that will spark curiosity and encourage your child to learn more about the unique and diverse life cycles of plants and animals.

## ACTIVITIES INFANTS (3 -18 MONTHS)

### CHICK HATCHING

#### MATERIALS:

- Plastic eggs
- Small toy chick

#### DIRECTIONS:

- Invite your child to play a chick hatching game.
- Place a couple of plastic eggs on the carpet and hide a small toy chick in one of them.
- Explain to your child that a baby chick is growing inside the egg and you will look for it.
- Encourage your child to shake the eggs and discover which one makes a sound.
- Open the egg and discover the chick inside!

[Click here](#) to listen to the "Chicken Dance" song.

## TODDLERS (19 MONTHS – 2.5 YEARS)

### THE VERY HUNGRY CATERPILLAR

#### MATERIALS:

- Various foods (real or plastic)
- Basket
- Small blanket

#### DIRECTIONS:

- [Click here](#) to listen to "The Very Hungry Caterpillar" by Eric Carle.
- Invite your child to act out this story with you.
- Ask your child to curl up and pretend to be a caterpillar inside an egg.
- Place the basket of food nearby.
- Ask your child to pretend to eat the food and say: "munch, munch" as you re-tell the story.
- Gently, cover your child with a blanket just like a caterpillar hiding inside the cocoon.
- Count to five and remove the blanket.
- Encourage your child to spread and flap their arms pretending to be a butterfly spreading and flapping its wings.

[Click here](#) to listen to "The Life Cycle" song.

## PRESCHOOLERS (2.5 – 5 YEARS)

### SEED JAR

#### MATERIALS:

- Paper towels
- Water
- Seeds (pea and bean seeds grow fast)
- Large jar

#### DIRECTIONS:

- Have your child fill the jar with several paper towels.
- Ask your child to gently pour water into the jar to wet the paper towels. Remove excess water from the jar.
- Have your child carefully push some seeds down between the paper towels and the jar walls so that they can still be visible.
- Place the jar by the window and wait a couple of days.
- Encourage your child to observe the seeds daily and notice any changes.
- After a couple of days, the seeds will start to sprout.
- After about a week, they will really start to grow.
- Help your child track the growth of the seeds in a journal by drawing pictures of the seeds at different stages of their growth.

[Click here](#) to listen to "How a Seed Grows" by Helene J Jordan.

## JK/SK (4 – 6 YEARS)

### FROG LIFE CYCLE SEQUENCING CARDS

#### MATERIALS:

- Index cards
- Markers

#### DIRECTIONS:

- [Click here](#) to watch a video – "Life Cycle of a Frog".
- Discuss with your child the life cycle stages that frogs go through.
- On index cards, have your child draw pictures of each stage of a frog's life cycle.
- On separate cards, help your child write the names of each stage: eggs, tadpole, froglet and adult frog.
- Mix up the pictures and words, and encourage your child to arrange the cards in the proper order to show the frog's life cycle sequence.
- Next, ask your child to match the words with appropriate pictures.
- Use the sequence cards to retell the story about the life cycle of a frog.
- Create similar cards for life cycles of other living organisms.

[Click here](#) to read "The Life Cycle of a Ladybug" by Colleen Sexton.

## SCHOOL-AGERS (6 – 12 YEARS)

### ANIMAL LIFE CYCLE WHEEL

#### MATERIALS:

- 2 paper plates
- 1 paper fastener
- Markers
- Scissors
- Paper

#### DIRECTIONS:

- Choose an animal that you would like to study.
- Research the animal's life cycle and make notes of its different stages.
- Divide one paper plate into pie-shaped sections. The number of sections should be the same as the number of life cycle stages of your chosen animal.
- Draw the stages of the animal's life cycle in the pie-shaped sections, name and number them.
- In the second paper plate, cut out one pie-shape the size of one picture of the life cycle that you drew on the first paper plate.
- Place it on top of the first paper plate so that you can see one life cycle stage in the window.
- Write the name of the animal on the top plate and decorate it.
- Poke a hole in the middle of both paper plates and connect them with a paper fastener.
- You have created a wheel that can be spun to show the stages of the life cycle of your chosen animal.

[Click here](#) for fun life cycle experiments.



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## INTERESTING FACTS

- A life cycle shows how living things grow and change over time.
- Plants start as seeds. When a seed starts to grow, we call it germination.
- Animals begin life either from an egg or as a baby that is born ready for life.
- The life cycles of plants and animals are often related. Plants are often heavily dependent on animals for their own reproduction, and animals could not live to maturity without feeding on plants or other organisms.
- Some living things go through their life cycle quickly, like male drone ants that live for only three weeks.
- Some living things have much longer life cycles, like some types of pine trees that can live for over 5000 years.
- Take a nature walk and observe the plants and animals around you and notice the various stages of life cycle they are at.