



**TODAY'S TOPIC:**

**Butterflies**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***How does a caterpillar become a butterfly?***

**Lesson**

**Butterflies**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>Images of caterpillar becoming a butterfly process</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	

**ASK:** Is it easy or hard to grow and change? Butterflies know a lot about growing and changing.

**ASK:** What do you know about butterflies? Talk about the process of a caterpillar, then chrysalis (proper name for the butterfly's cocoon). Show Images

**SAY:** When a butterfly starts its journey, it is a small helpless caterpillar. It has only two jobs to do, to eat and to grow. It will grow so fast that it will shed its skin 4 or 5 times. When a caterpillar has eaten and grown enough it builds and enters into the chrysalis. The chrysalis is a safe, quiet place for the butterfly to change and grow – called metamorphosis. Part of these changes is the caterpillar becomes a pile of goo. The goo has special stuff called “imaginal discs”. Just like you can imagine what you want to become, the goo imagines what it wants to become – a butterfly! It has everything it needs to change that goo into a butterfly.

**ASK:** If you see a butterfly trying to get out of the chrysalis, should you help? NO! When a butterfly emerges its wings are limp and unusable. It is not until the butterfly has done some work like getting out of the chrysalis that it can actually use its wings and fly.

**ASK:** What if a caterpillar decided one day that the changes were too hard and it just was not going to do all that hard work? What if it decided it was going to stay a caterpillar forever? We know that in this case, the caterpillar would never change to a butterfly and get to fly. It would never be all that it was meant to be.

**ASK:** Do you think you are like a butterfly? Here are ways people and butterflies are the same:

- Both can travel long distances
- Both drink water
- Both can camouflage themselves
- Both have two eyes
- Every butterfly is slightly different in appearance – just like people
- Both have a sense of taste.
- Both respond to smells
- Both like to sit in the sunshine.
- Both can grow and change and transform into something even better.

**AFFIRMATION** – I am always the best me I can be. Repeat 4x

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .