

# Once Upon A Table

## Spring Cocoon

[www.mamaroots.com](http://www.mamaroots.com)

### Story Table Projects



#### Supplies:

- \*100% wool yarn
- \*100% wool roving
- \*Scissors
- \*needle/thread
- \*cotton fabric
- \*felt
- \*knitting tower
- \*easter egg form
- \*ivory soap
- \*needle felting supplies
- \*button

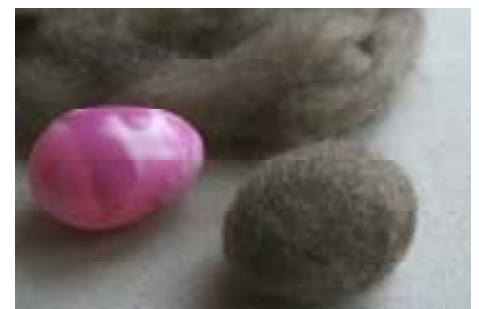


\*this is a free pattern— in the spirit of giving please do not use this for resale, but give all you want!

Step 1: Use knitting tower to knit a cable of 100% wool yarn. This is a great way for kids to knit and help create part of the project. Knit a cable approximately 4-5 inches long. This will be felted and become the caterpillar. Once you have the length you like, pull off the knitting tower and put a knot in both ends and trim off the excess. I really like this knitting tower from Nova Natural ([www.novanatural.com](http://www.novanatural.com)) and this is a really unique knitting tower from ZooLoo Naturals ([www.zooloonaturals.etsy.com](http://www.zooloonaturals.etsy.com)). Take small pieces of yarn and tie sections of the cable to create segments of the caterpillar body. Set aside to wet felt with the cocoon.



Step 2: Gather your wool roving, a plastic egg form, a bowl of warm water with mild soap, I use Ivory dish soap. Start wrapping egg in strips of wool and then wet and move back and forth between hand to start the felting process. Continue to add layers of wool and felting in between till you have a good thickness of wool and the egg is completely covered.



# Once Upon A Table

## Spring Cocoon

[www.mamaroots.com](http://www.mamaroots.com)

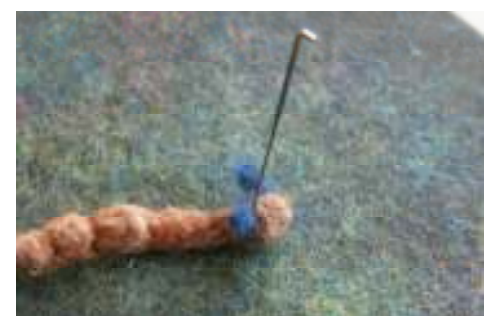
### Story Table Projects

\*this is a free pattern– in the spirit of giving please do not use this for resale, but give all you want!

Step 3: Place your felted egg in a nylon stocking and tie it close to the egg. Take your caterpillar body and put this and your nylon in a pillow case and toss in the washer on warm water. I do this with other laundry and the pillow case adds friction to the caterpillar.

Step 4: After the wash cycle remove the egg from the nylon. Use a rotary cutter and slice an opening vertical on one side of the cocoon, and a small horizontal slit on the upper opposite side. Remove your egg from the wool. I needle felt the edges of the cocoon for extra durability and you can also add some foam inside the egg and needle felt the outside if you have weak areas. Add a reinforcement stitch to the outside of both the openings in the cocoon. I do a basic stitch starting at open end , going completely around and a then tie a knot with with the thread where I started. At the larger opening of the cocoon you can add a small button and simple yarn enclosure to keep it all secure. This is optional. I love using these beautiful buttons from The Button Shop ([www.thebuttonshop.etsy.com](http://www.thebuttonshop.etsy.com))

Step 5: Find your felted knitted cable in the pillow case. You will see the segmented parts of the body, I needle felt these areas for even more distinction. Choose one side of the caterpillar for the head. Needle felt a couple of small wisps of wool into antenna.



# Once Upon A Table

## Spring Cocoon

[www.mamaroots.com](http://www.mamaroots.com)

### Story Table Projects

\*this is a free pattern– in the spirit of giving please do not use this for resale, but give all you want!

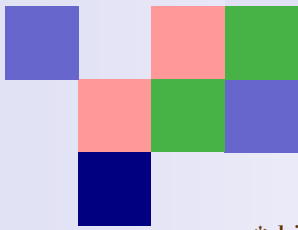
I like a fuzzy antenna look! Needle felt these directly into the head of the caterpillar. You can optionally choose to add eyes or other features. I choose to leave very simple in the Waldorf tradition.

Step 6 Your last step is to create your butterfly. Find some small scrap of colorful cotton fabric to your liking. Use the template enclosed and cut out a front and back wing set, wrong sides together so the the printed portion of the fabric is to the front and back. Cut out a small piece of wool felt with the template for the middle portion of the butterfly body. Before attaching use a needle to add a strand of yarn through the underside of the felt so that the two ends become butterfly's antenna. Fold the felt piece together and attach to the front and back of the butterfly. Stitch together by hand or machine– add as much decorative design as desired.

All done– you now have the makings of a fun story table caterpillar, cocoon, and butterfly. The caterpillar can enter the cocoon from the front slit, and out from the back emerges a beautiful butterfly

Enjoy– happy storytelling!



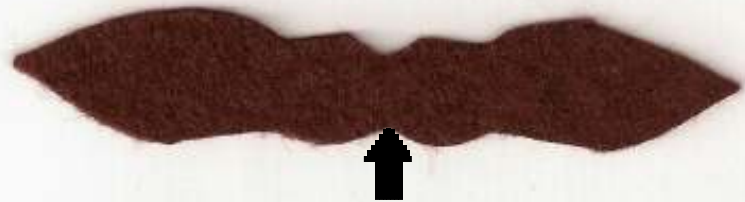


# Once Upon A Table Spring Cocoon

Story Table Projects

\*this is a free pattern– in the spirit of giving please do not use this for resale, but give all you want!

## Butterfly Template



Fold here at center



Cut this twice: front and back

©2009

[www.mamaroots.com](http://www.mamaroots.com)  
Once Upon A Table  
Story Table Projects

©2009

[www.mamaroots.com](http://www.mamaroots.com)  
Once Upon A Table  
Story Table Projects

# Once Upon A Table

## Spring Cocoon

Story Table Projects

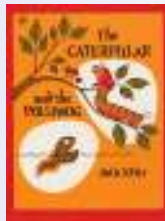
\*this is a free pattern– in the spirit of giving please do not use this for resale, but give all you want!

### Story Resources

[http://www.story-lovers.com/  
lists/butterflystories.html](http://www.story-lovers.com/lists/butterflystories.html)



The Very Hungry Caterpillar  
by Eric Carle



The Caterpillar and the Polliwog  
by Jack Kent



©2009

[www.mamaroots.com](http://www.mamaroots.com)  
Once Upon A Table  
Story Table Projects

