



giving wings to research **activity kit**

Hello, and thank you for downloading this booklet! We hope you enjoy making the crafts in this booklet and learning some fun facts about butterflies.

The Lung Cancer Research Foundation and its Free to Breathe Walk embrace the butterfly as a symbol of our mission to transform research into hope. Scientific breakthroughs have changed the way lung cancer is treated, and with your support, life-saving discoveries will continue to multiply!



stained glass butterflies

You will need:

- Black construction paper or card stock
- Scraps of tissue paper in various colors
- Waxed paper
- 1 part glue mixed with 4 parts water (1/4 tsp glue to 1 tsp water)

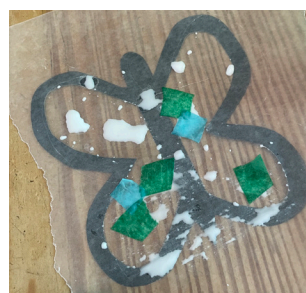


1



Cut out the butterfly pattern (next page) and trace two copies onto your card stock. Then cut out the black butterflies and the inside “holes.”

2



Place a sheet of waxed paper over one of your cutouts. This will be the inside “glass” of the butterfly. Apply the watered-down glue to the waxed paper, using the cutout as a guide. Stick a piece of tissue paper to each spot of glue.



Overlap some pieces, and be sure to apply glue to the edges so everything dries flat.

3



After the “stained glass” has dried, trim the edges so it’s the same shape as your butterfly outline. Apply glue (not diluted) to side of each black butterfly outline. Sandwich the waxed paper butterfly between them. Let dry completely.



4



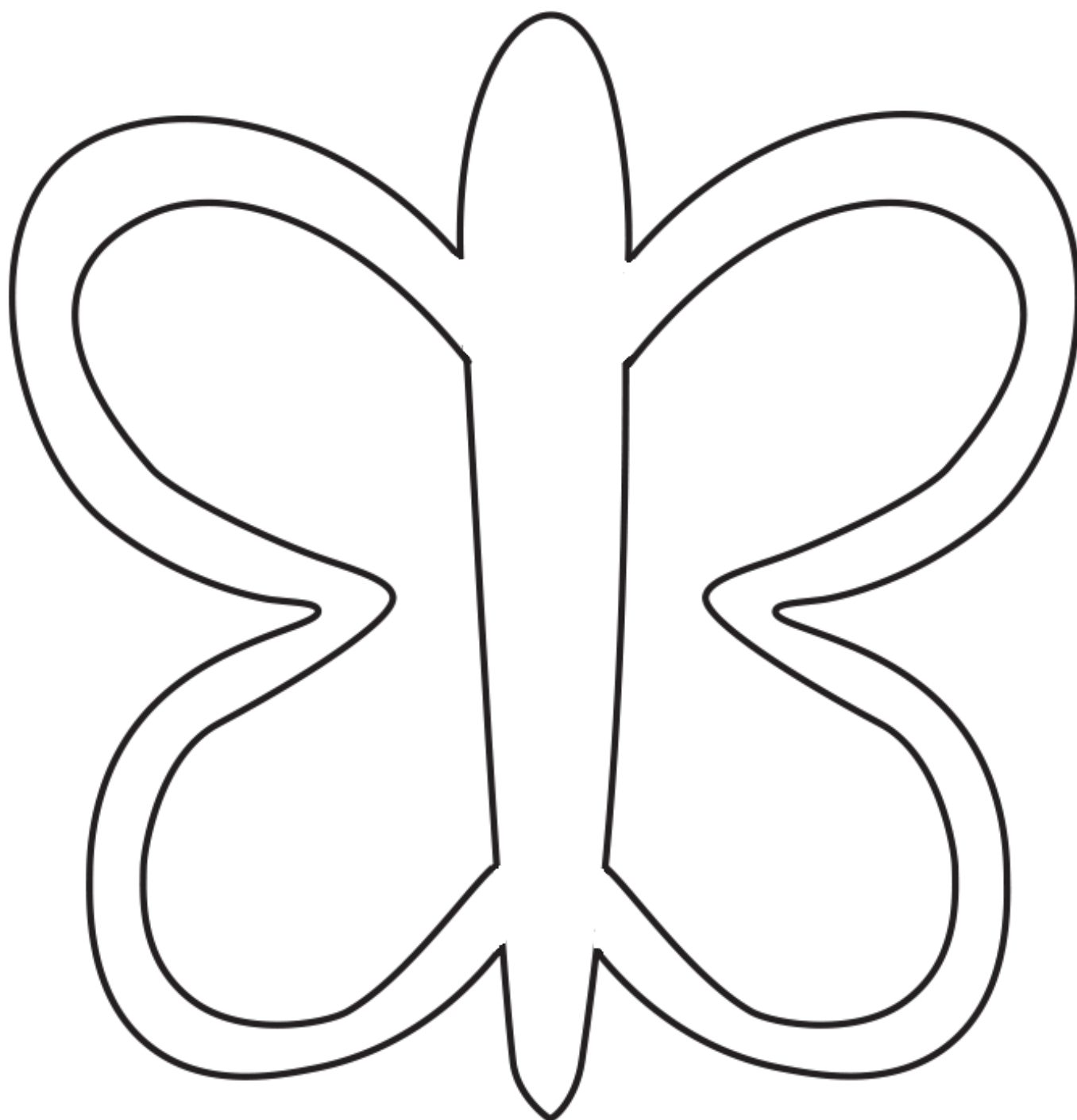
Tape your butterfly in a sunny window or attach a string to dangle. Make several and create a mobile!

Did you know?

Butterflies don’t flap their wings like birds. When they fly, they move all four wings up and down and create a figure-eight pattern !

“Stained glass” butterfly pattern

Print and cut out, then trace onto black paper.



coffee filter butterflies

You will need:

- Coffee filters (2 for each butterfly)
- Spray bottle filled with water
- Water soluble markers
- Pipe cleaner

1



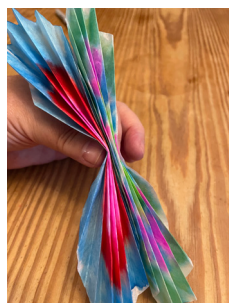
Using your markers, color the coffee filters. Leave a little space between colors to allow for them to run together.

2



Spray the colored filters lightly with water. Let the filters dry completely.

3



Fan fold both filters – these will create the wings. Then stack the filters above one other.

Fold pipe cleaner in half. Hold the stacked filters between the folded pipe cleaner, and twist the bottom loop to create the “body.” Then twist again above the folded coffee filters. Leave a small amount of space and twist again to form a head and antennae.

4



Open and fluff out the wings of the butterfly, pinching the ends to retain the folds. Then show it off! Attach butterflies to indoor plants, hang in a window or from the ceiling, or decorate a gift box.

Did you know?

Butterflies use their wings to defend against predators by folding to blend in with their surroundings, or by scaring them off with their wings' colors and patterns.



You will need:

- Plain flour (1 cup)
- Salt (1/2 cup)
- Water, lukewarm (start with 1/4 cup; add more as needed up to 1/2 cup)
- Parchment paper
- Acrylic paints
- Mod Podge (optional)

1



Mix flour and salt. Slowly add water and mix well as you add it. Don't pour all of it in at once!

Knead for about 10 minutes, until you get an even consistency. Dough should be smooth and not sticky.

2



Roll to about 1/4 inch thick and cut out your shapes. If you are making ornaments to hang, be sure to poke a hole somewhere. (A straw works well for this.)

3

Set your oven to 200 degrees F. Bake for an hour, then turn the ornaments and bake for another hour. If the dough isn't dry, continue baking and checking until done.

You can also use a microwave! Heat for 15 seconds. Then heat for 20 seconds. Repeat the cycles until the dough is dry (around 5 or 6 cycles).

4

Paint your ornament with acrylic paints. After everything has dried completely, paint with Mod Podge for more durability.



Try your own variations, like this votive holder!



finger knitted butterflies

You will need:

- Yarn
- Pipe cleaner (optional)

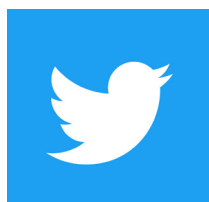
A crafter named Maggie from Red Ted Art has an excellent video walking you through the steps to creating a butterfly – no tools needed, except your fingers!

Watch at **[LCRF.org/fingerknitting](https://www.lcrf.org/fingerknitting)**



show us your butterflies!

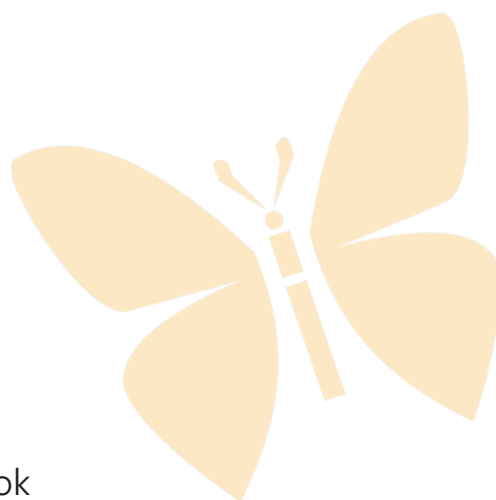
Please share
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Did you know?

Butterflies are cold-blooded and can't fly when the air temperature is below 55 degrees F. They fly most easily when temperatures are between 82 and 100 F.



tips for attracting butterflies

Plant a wide variety of flowers.

They especially love yellow and purple varieties!

Give them a drink.

Butterflies will drink plain old water, but there are two simple versions that they love even more. The first method involves filling a cake pan (or other shallow pan) with sand, then saturating it with water. The butterflies will suck water out of the sand along with other minerals they crave.

Provide a place for them to lay eggs.

Monarchs, for example, will only leave eggs on milkweed plants.

Give them a nook to hang out in.

They can hide from predators when it's warm and get shelter when it's cold. Commercial butterfly houses aren't as attractive as natural environments – a firewood stack, hollow log, or cracks between large stones.

Create a sunbathing spot. Butterflies like to warm themselves in the early morning sun before their active time begins. Nestle paving bricks or stones into a sunny area in your garden. They will also enjoy having their watering spot there.

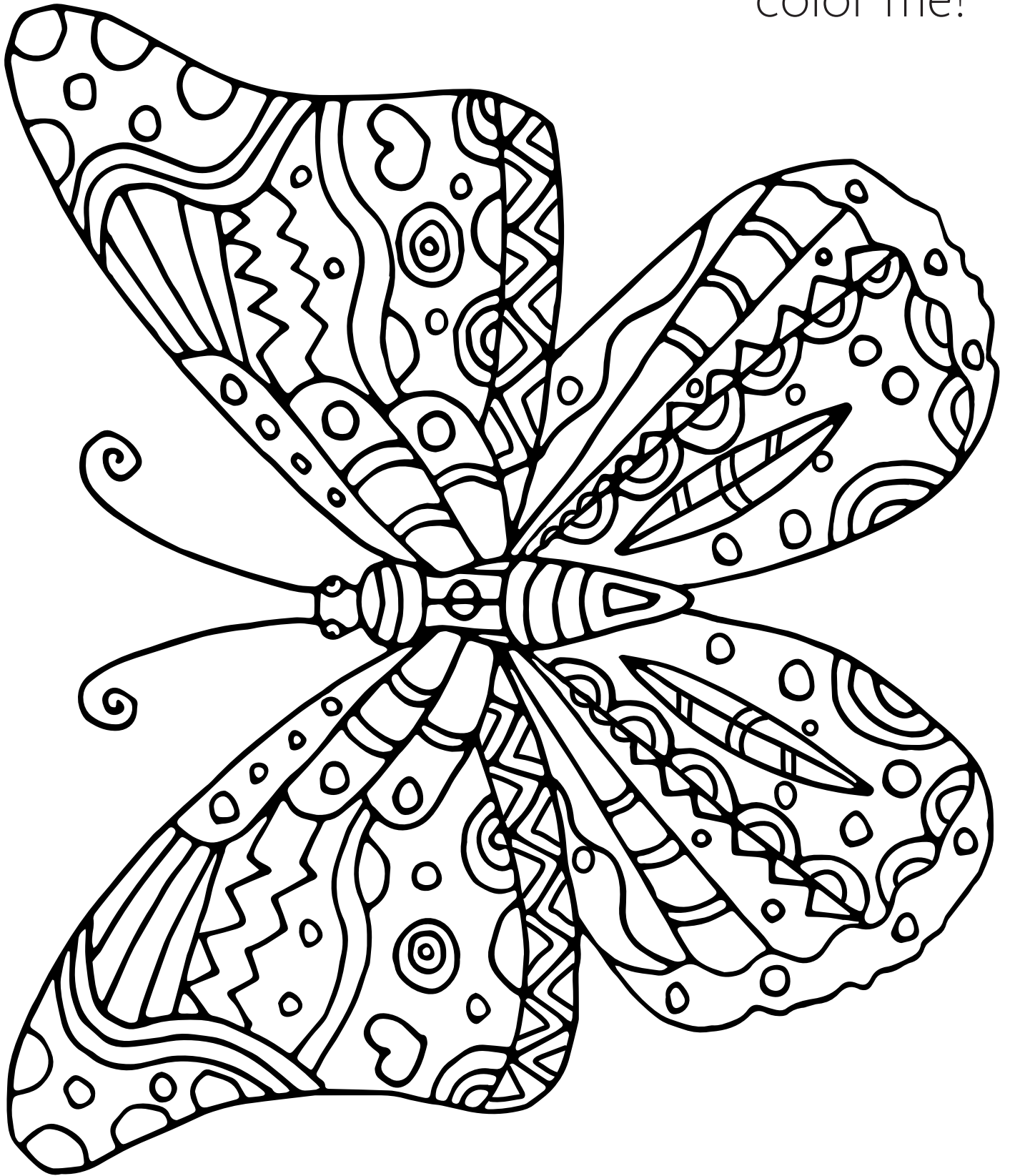
Offer protection. Butterflies enjoy calm environments and avoid strong wind. Locate your refuge for them in an area near a fence, large plants, or trees.

Avoid pesticides. Be sure to keep harmful chemicals away from the plants and water you provide for butterflies.

Did you know?

Butterflies see ultraviolet colors invisible to humans. However, they are nearsighted – they can only see about 10-12 feet in front of them.

color me!



Join the Free to Breathe Walk and help give wings to research. **Find out more at LCRF.org/walk.**