

Butterflies



- 14th March is 'National Learn About Butterflies Day.'
- For many people, butterflies are more than a vital part of our ecosystems, they are a symbol of transformation, reminding us that beautiful things can grow from an unpromising beginning.

'There is nothing in a caterpillar that lets you know it's going to be a butterfly.' Buckminster Fuller

- What sort of butterfly do you dream of becoming one day?
- We can't jump straight to being a butterfly, we have to patiently work through the caterpillar and chrysalis stages first.
- For a chrysalis to be transformed into a butterfly, it has to emerge from the comfort of its cocoon. Is there anything that you're holding onto, which is keeping you stuck in your cocoon?
- When you look at other people, can you see the potential butterfly in them?

