

Dinosaurs

About This Theme

Dinosaurs are creatures that lived 245 million years ago. Their preserved fossils give us a glimpse of the past, telling us about their life and the world during their reign on Earth. Today, you can see some smaller creatures that have evolved from dinosaurs. Chickens, pigeons, and ostriches are some of the closest living relatives to the T-Rex. A lesser relative is the alligator!

Today, we are going to grow big, move, and growl like dinosaurs. We'll have a grand time learning about these prehistoric creatures.

Book List

- **Dinosaur Yoga** by Mariam Gates, ISBN13: 9781683643043
- **Here We Go Digging for Dinosaur Bones** by Susan Lendroth, ISBN-13 : 978-1623541040
- **How to Catch a Dinosaur** by Adam Wallace, ISBN-13 : 978-1492680529

Fingerplays

- Five Huge Dinosaurs

Music and Movement

- We Are the Dinosaurs by Laurie Berkner Band
- The Dinosaurs are Coming by Mr. Harley



Dinosaur

Opening Song	If You're Happy and You Know It
Welcome Show & Tell	Introduce yourself, If you have under 10 kids sing the "I Have a Name" song and theme, share 1 item that represents the theme to you. Talk about what it does and how to use it.
Mindfulness	5 Senses of Mindfulness Sight - I can see w/ my eyes (Peekaboo, I see you, do you see me?) Hearing-I can hear with my ears (bell or sound of theme) Taste - I can taste w/ my tongue (Tongue out) Smell - I can smell w/ my nose (touch nose and sniff) Touch - I can touch with my fingers (acupressure finger touches P.B.W.M.)
Breathing	Hoberman Sphere Breathing
Playful Sun Salutation	High Five Hands/Butterfly Up/Butterfly Down/Rag Doll/Ragdoll/Jump Back/Plank Pose/Downward Dog/Upward Dog/Downward Dog/Upward Dog /Downward Dog/Jump Forward/Rag Doll/Butterfly Up/High Five Hands
Pose of the Day	Cat Pose Spikey Stegasaurus
Fingerplay	Five Huge Dinosaurs
Music & Movement	We Are the Dinosaurs
Sensory Play	Dinosaurs in Play Dough
Craft	Dinosaur Cut-Out Finger Painting
Game	Dinosaur Walk
Yoga Storytime	Choose one of our curated themed book selections or choose your own.
Meditation	Lay under mat/ Cover eyes/ Deep breath in through the nose to fill the stomach/ Blow it out through the mouth to empty the stomach/ Freeze, breathe and listen to the music/ Wiggle fingers/ Wiggle toes/ Listen to the bell tickles
Closing Song	Skinamariky





Materials To Bring

Sensory Play | Dinosaurs in Play Dough

Dinosaur action figures and play dough.

Craft | Dinosaur Cut-Out Finger Painting

- Card stock
- Finger paints
- Scissors
- Dino silhouette
- drop cloth

How to

Step one - prepare the card stock by tracing the dino silhouette and cutting them out before your session

Step two - place your drop cloth over your working space

Step three - Set out your colors and give instructions on how to use

Step four - make art!

Game | Dinosaur Walk

Have children move like dinosaurs. Practice Walking fast and slow. Have children roar, and pretend to eat and drink.



Dinosaur

Themed Fingerplay

Five Huge Dinosaurs

Five huge dinosaurs, looking fierce and mean.

The first one said, "I eat things that are green."

The second one said, "I hatched from an egg."

The third one said, "I have big, strong legs."

The fourth one said, "I can fly through the air."

The fifth one said, "I give everyone a scare!"

THUMP THUMP came to Tyrannosaurus Rex that day,
And the five huge dinosaurs all ran away!



Dinosaur

Themed Yoga Pose



HIGH LUNGE POSE | DINOSAUR