



"DINOSAUR WALK" ACROSS THE ROOM

(Wheelbarrow walks, crawl like a dinosaur, or stomp across the room)



JUMP AND FLY LIKE A DINOSAUR

(Jump on a pile of pillows, hop with both feet, or climb monkey bars)



MUNCH LIKE A DINOSAUR

(Bite chewy or crunchy foods. Drink smoothies through a straw, bite chewy toys)



BE STRONG LIKE A DINOSAUR

(Carry a heavy bucket of toys, wear a backpack full of books, or wear wrist weights and toss a ball)



PUSH AND PULL LIKE A DINOSAUR

(push a chair or loaded laundry basket, pull a bungee cord, play tug-of-war)



PLAY DINOSAUR GAMES

(Crab walk and kick a balloon in the air, relay races, or bounce a big exercise ball)



HIDE LIKE A DINOSAUR

(Roll up tight in a blanket, squash between couch cushions, or hide under a blanket with pillows on top.)



USE YOUR DINOSAUR CLAWS

(Squeeze a stress ball, play with fidget toys, or make dinosaurs with play dough)

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