DINOSAUR DIG
WEEK 5 • DAY 3
GREETING

ACTIVITY
When your child wakes up, meditate together to start the day. Ask your child how he or she slept and what your child is looking forward to doing today. At breakfast, talk about when dinosaurs lived and what your child’s favorite dinosaur is.

LEARNING SKILLS
Self-expression, working memory

MATERIALS
N/A

MORNING MEETING

ACTIVITY
Read or follow the read-along of the Berenstain Bears story *Dinosaur Dig* by Jan and Mike Berenstain. Talk about all the dinosaurs in the book, and discuss how fossils are made. Today you are going to be a paleontologist. A paleontologist is a scientist who studies the history of life on Earth through the fossil record. Fossils are evidence of past life on the planet, including imprints from animals or plants. We are going on a dinosaur hunt today.

LEARNING SKILLS
Working memory, planning and organization

MATERIALS
Book or read-aloud

TRANSITION

ACTIVITY
Ask your child how a dinosaur would walk, and have him or her demonstrate a dinosaur walk for you. What other ways did dinosaurs move?

LEARNING SKILLS
Following directions, gross motor skills, counting

MATERIALS
N/A
**GODDARD AT HOME:**
**F.L.EX.® DAILY ACTIVITY PLANS**
**PRESCHOOL & PRE-K - DINOSAUR DIG**

**PRE-EXPLORATION**

**ACTIVITY**
To prepare for the dinosaur hunt and dig, make some fossils and bones with your child. This can be done the night before. Make fossils with salt dough.

Here is a recipe for salt dough you can use to create your own fossils:

**Dinosaur Fossil and Bone Salt Dough**
- 1 cups of salt
- 5 cups of all-purpose flour
- 2 cups of water

Add the salt, flour and water to your bowl. Then, mix and knead your dough thoroughly. Start by using a spoon, then switch to your hands to work out any lumps. When the dough is ready, it will resemble bread dough. If your salt dough recipe is too sticky, try adding a bit more flour. If your dough is too crumbly, try adding a bit more water. Next, roll out some balls of dough, and invite your child to press the dinosaur toys into the dough or make bones with the dough. Place the fossils on a cookie sheet, and bake them in the oven at 350 degrees for 45 minutes. Let them cool.

**LEARNING SKILLS**
Following directions, fine motor skills

**MATERIALS**
Salt, flour, baking sheet, spoons, plastic dinosaurs

**PURPOSEFUL EXPLORATION**

**ACTIVITY**
Create a dinosaur discovery area. Set up a tub filled with sand or soil on a table. Take all the salt-dough dinosaur fossils or bones that you made and add them to the dinosaur bin.

Let your child dig for the fossils and bones. Add tongs, tweezers, or various brushes, and try to pick up the fossils with these tools as a paleontologist would to avoid breaking the fossils.

Collect any plastic dinosaurs or items that resemble dinosaur bones you have in the house. Place the dinosaurs and items in an ice tray or a bowl and add water. Freeze these for a fun outdoor activity later in the day.

**LEARNING SKILLS**
Fine motor skills

**MATERIALS**
Paper, pencils, markers, tongs, tweezer, paint brushes or toothbrushes
POST EXPLORATION

ACTIVITY
During the post-exploration period, discuss the dinosaurs you found during your dig and check out the video How Big Were the Dinosaurs? so you can compare the dinosaurs you found with the dinosaurs in the video.

LEARNING SKILLS
Memory, listening

MATERIALS
Video

MEALTIME

ACTIVITY
During lunch, eat some vegetables like the dinosaurs did to stay strong and healthy.

LEARNING SKILLS
Healthy habits

MATERIALS
Meal items

TRANSITION

ACTIVITY
Hide some dinosaurs around the house, and allow your child to go find all the dinosaurs. If you don’t have dinosaurs, don’t worry! Try other related objects like plastic eggs, or sticks that may look like dinosaur bones.

LEARNING SKILLS
Gross motor skills

MATERIALS
Dinosaur toys or drawings
LEARNING LAB

**ACTIVITY**
Set up a game your child can play independently. Take a sheet of paper and draw three to five rows of 10 squares across the paper. Draw a tree to represent food at the end of each row. Provide your child with plastic dinosaurs. Take turns rolling a die and moving each dinosaur that number of spaces until the dinosaur reaches the food at the end. Your child can make up his or her own rules for the game and play alone once you have played together a few times.

**LEARNING SKILLS**
Following directions, fine motor skills

**MATERIALS**
Paper, markers, dice, toy dinosaurs (optional)

OUTSIDE TIME

**ACTIVITY**
Take the dinosaurs you froze outside. Set up a tub or bin, put the frozen dinosaurs in it and provide eyedroppers so your child can squeeze water onto the frozen dinosaurs and watch the ice melt. Ask how a dinosaur would move. Make a list of these movements and perform them outside. Try twisting like a tyrannosaurus, stretching your neck like a brachiosaur, flapping your arms like a pteranodon’s wings, swinging your tail like a stegosaur, running like a velociraptor and tiptoeing like a triceratops.

**LEARNING SKILLS**
Gross motor skills, fine motor skills

**MATERIALS**
Frozen dinosaurs, eyedroppers, bin, sidewalk chalk or pencil and paper for the list
### REST TIME

**ACTIVITY**

It’s time to relax. Establish a routine before naps that supports your child in calming his or her body and settling his or her mind. You can even place your child’s nap mat for school in or next to the bed.

**LEARNING SKILLS**

N/A

**MATERIALS**

N/A

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### TRANSITION

**ACTIVITY**

As your child wakes up, talk about the best thing that happened today. What would they like to do again this afternoon, or try a different way? Repeating activities allows for deeper connections and meaningful learning.

**LEARNING SKILLS**

N/A

**MATERIALS**

N/A

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### CHILD’S CHOICE

**ACTIVITY**

Use this time to do the activity your child wanted to do this morning. You can also do this activity at any time during the day.

**LEARNING SKILLS**

N/A

**MATERIALS**

N/A