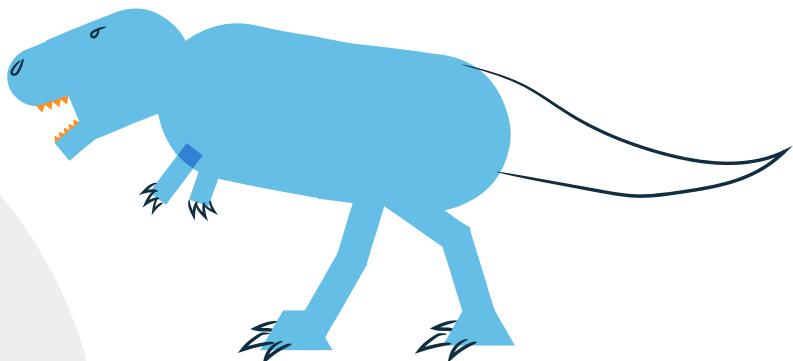


At-Home Summer Guide for Discovery Preschoolers

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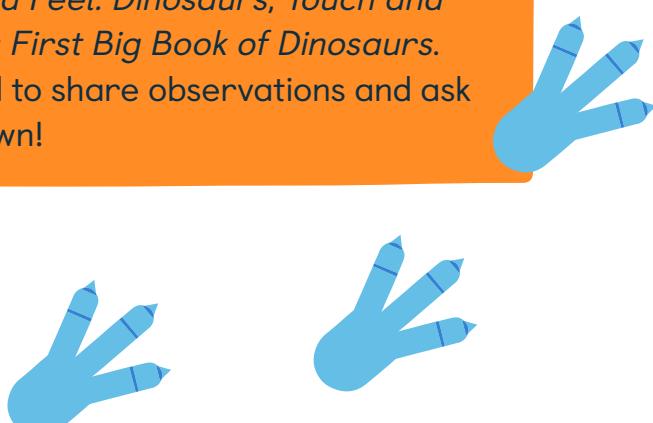
Week of August 24, 2020

This week's guide continues the theme **Dinosaurs!** The activities in this guide have been adapted from activities happening in our Discovery Preschool classrooms, but with a little twist so that you can easily do them at home. Whether you've returned to your center or you're still learning from home, you and your child can use these activities to dig into dinosaurs.



This week introduces your child to the *Tyrannosaurus rex*! Your child will explore the size of a *T. rex* footprint and play a *T. rex* tossing game, all while learning about the size and diet of a *T. rex*. Then they will drum out the footsteps of a dinosaur, play a movement game, and learn a rhyme that revisits what they've learned about dinosaurs over the last few weeks.

Your child has learned about the *Stegosaurus*, *Triceratops*, and *Tyrannosaurus rex*, but there are so many more dinosaurs to learn about! You can continue your child's exploration by looking at books like *My Big Dinosaur Book*; *Touch and Feel: Dinosaurs*; *Touch and Feel Baby Dinosaurs*; and *Little Kids First Big Book of Dinosaurs*. Look at the pictures, invite your child to share observations and ask questions, and share some of your own!



This Week's Theme: Dinosaurs

What you'll find in this guide...

We've provided activities similar to what your child would be learning in their center. You and your child can choose your own adventures and do the activities in any order you'd like, repeating and revisiting them as often as you want! Click on the icons below to discover more...

LET'S EXPLORE *Tyrannosaurus rex* Footprint



Your child explores the size of a *T. rex* footprint and makes comparisons between it and their own body size.



LET'S MOVE

Don't Step on the Dinosaur's Tail

Step, hop, or jump, but whatever you do, don't step on the dinosaur's tail!

LET'S PLAY *Tyrannosaurus rex* Sock Toss



Ready, set, toss! Your child practices their coordination in this *T. rex* tossing game.

LET'S RHYME "Here Come the Dinosaurs"

This dinosaur rhyme combines catchy lines with fun movements all while teaching your child about dinosaurs!



LET'S CREATE

Dinosaurs Running, Dinosaurs Walking

Use a drum to simulate the sounds of moving dinosaurs.



GAME TIME Picture-Book I Spy

Put your child's observations skills to the test with a fun game of I Spy!



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Getting Ready for the Week: Materials to Gather

Tyrannosaurus rex Footprint:

- Sidewalk chalk or masking tape
- Tyrannosaurus rex picture

Tyrannosaurus rex Sock Toss:

- Balled-up socks
- Large box or laundry basket
- Marker
- Paper
- Scissors (for adult use only)
- Tape
- Tyrannosaurus rex picture

Dinosaurs Running, Dinosaurs Walking:

- Hand drums
- Plastic bowls, boxes, or pots (if you don't have drums)

Don't Step on the Dinosaur's Tail:

- Jump rope

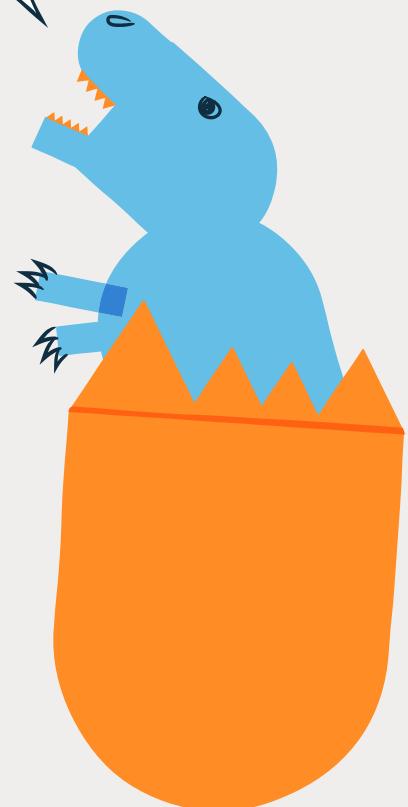
Here Come the Dinosaurs:

- "Here Come the Dinosaurs" rhyme

Picture-Book I Spy:

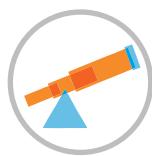
- Picture books

Tip: At the beginning of your week, gather materials and place them in a container so you're ready to go!



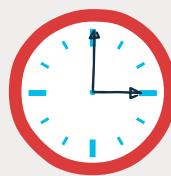
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Let's Explore: *Tyrannosaurus rex* Footprint

Your child explores the size of a *T. rex* footprint and makes comparisons between it and their own body size.



Length of activity:

15 minutes*

* Duration will vary depending on your child's interest.

Level of Engagement

Required by Adult: High



Level of Prep Required:



What you need:

- Sidewalk chalk or masking tape
- [*Tyrannosaurus rex* picture](#)

What your child is learning:

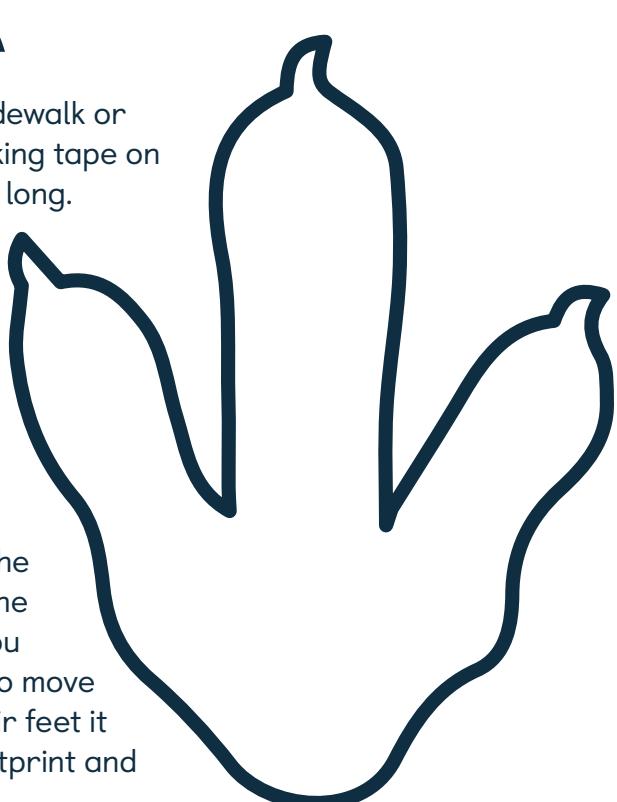
- How to participate in conversations
- How to make observations and comparisons
- Basic information about the *Tyrannosaurus rex*

What you do:

Draw a large outline of a *Tyrannosaurus rex* footprint on a sidewalk or driveway using sidewalk chalk or create a footprint using masking tape on the floor. The footprint should measure approximately $3 \frac{1}{2}$ feet long.

Begin by showing your child the picture of the *Tyrannosaurus rex* and share the name of the dinosaur with them. Tell them the *Tyrannosaurus rex* was a large dinosaur that measured up to 43 feet long and weighed as much as 15,000 pounds. The *Tyrannosaurus rex*, also known as the *T. rex*, was a carnivore, which means it only ate meat.

Show your child the footprint and explain that it's about the same size as a *T. rex* footprint. Invite your child to step inside the footprint and move around, lay down, and explore the size of the footprint in comparison to their own body size. For example, you can encourage them to see how many steps it takes for them to move across the footprint, trace their foot and see how many of their feet it takes to fill up the outline, or have them lie down inside the footprint and trace their outline so they can see how the two compare.



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Tyrannosaurus rex



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Let's Play: *Tyrannosaurus rex* Sock Toss

Ready, set, toss! Your child practices their coordination in this *T. rex* tossing game.



Length of activity:

15 minutes*

* Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: High



Level of Prep Required: High



What you need:

- | | |
|--|---|
| <input type="checkbox"/> Balled-up socks | <input type="checkbox"/> Scissors (for adult use only) |
| <input type="checkbox"/> Large box or laundry basket | <input type="checkbox"/> Tape |
| <input type="checkbox"/> Marker | <input type="checkbox"/> <i>Tyrannosaurus rex</i> picture |
| <input type="checkbox"/> Paper | |

What your child is learning:

- How to coordinate large-muscle movements to toss an object at a target
- To follow directions in a game

What you do: Tape several sheets of paper together to form a larger sheet of paper big enough to cover the opening of a large box or a laundry basket. Draw a large outline of a [*Tyrannosaurus rex* footprint](#) on the paper. Cut a few holes from the center of the footprint, larger than a balled-up sock. Tape the paper over the opening of a large box or laundry basket. Place the box or basket on its side so that the holes are facing forward.

Show your child the [*Tyrannosaurus rex* picture](#) and ask them if they remember the name. If not, share the name with them. Then show them the footprint and explain that you're going to play a tossing game. Have them stand approximately two feet from the footprint and show them how to toss a balled-up sock towards the holes. Give positive feedback for their attempts and celebrate the tosses that make it into one of the holes.

To make it easier for your child to toss the sock in the holes, you can have them move closer or turn the box or basket so the holes are facing upwards. To make it more challenging, have your child stand farther away from the box or basket.



Social and Emotional Learning

Your child may find tossing games frustrating or upsetting if they're not able to get the sock into a hole. Though they may get frustrated or say, "I can't do it," encouraging them to try their best, having them moving closer and try again, and supporting them in their efforts can help them develop the confidence they need to try new things and to persevere when things are tough.

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Let's Create: Dinosaurs Running, Dinosaurs Walking

Use a drum to simulate the sounds of moving dinosaurs.

Length of activity:

10 minutes*



* Duration will vary depending on your child's interest.

Level of Engagement Required by Adult:

High



Level of Prep Required:

Medium



What you need:

- Hand drums
- Plastic bowls, boxes, or pots (if you don't have drums)

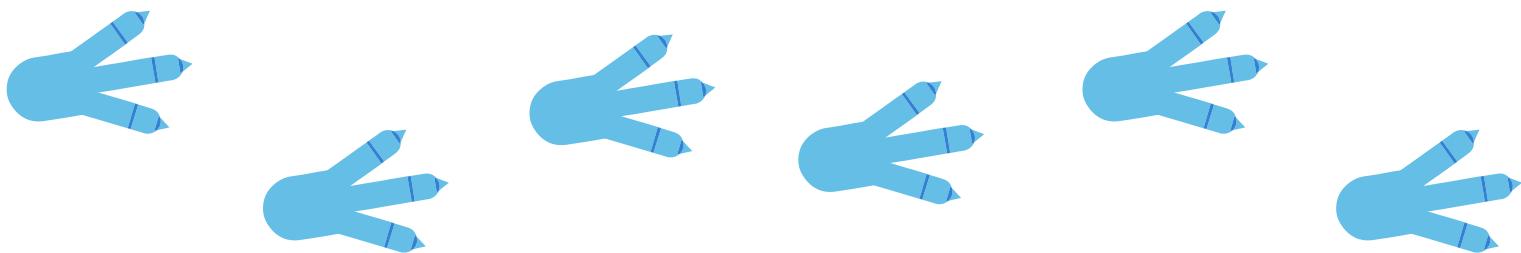
What your child is learning:

- How to use musical instruments
- How to express themselves using musical instruments

What you do:

Sit with your child and place a drum in front of each of you. If you do not have drums, you can use upside-down bowls, boxes, or pots, or you can sit at a table and use the tabletop to drum on.

Remind your child of the different dinosaurs you've learned about, including any that you may have learned about through books during week one. Talk with them about the different sizes of the dinosaurs and share that the two of you are going to explore making the sound of dinosaur footsteps on your drums. Begin by having them explore the different types of sounds they can make by tapping on the drum. Then ask them to use the drum to show what a walking dinosaur's footsteps would sound like. If your child is unsure, tap out a slow, even beat on your drum and invite them to follow along on their drum. Then ask them how the footsteps of a running dinosaur might sound. If needed, tap out a faster beat on your drum and invite them to follow along. Continue to explore different footsteps, like a small dinosaur walking or running, a large dinosaur walking or running, a dinosaur walking and then slowly increasing speed to a run, or a running dinosaur slowing down to a walk.



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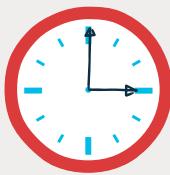


Let's Move: Don't Step on the Dinosaur's Tail

Step, hop, or jump, but whatever you do, don't step on the dinosaur's tail!

Length of activity:
15 minutes*

* Duration will vary depending on your child's interest.



Level of Engagement Required by Adult: High



Level of Prep Required: Low



What you need:

- Jump rope

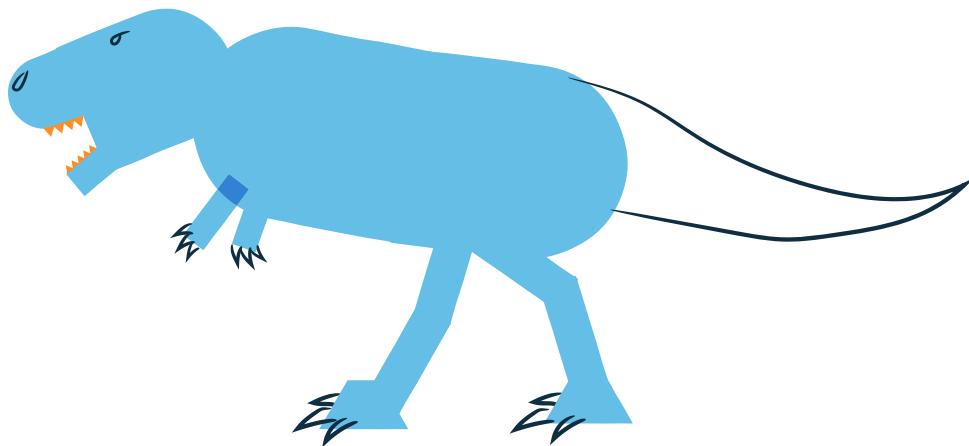
What your child is learning:

- How to maintain balance while making big movements
- How to coordinate large-muscle movements

What you do:

Clear a space indoors or outdoors large enough to lay the jump rope on the ground and for your child to jump back and forth over the jump rope.

Show your child the jump rope and explain that you're going to pretend the long tail of a dinosaur, and that you don't want to step on the dinosaur's tail. Have them practice stepping over the jump rope, then have them practice jumping over it. After your child has had some practice, tell them that when dinosaurs walked, their large tails would move from side to side. Demonstrate this movement by holding one end of the jump rope and gently swaying it from side to side. Invite your child to step or jump over the moving dinosaur tail. If your child shows interest, let them hold and move the jump rope while you jump over the dinosaur's tail!



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Let's Rhyme: "Here Come the Dinosaurs"

This dinosaur rhyme combines catchy lines with fun movements all while teaching your child about dinosaurs!

Length of activity:

10 minutes*

* Duration will vary depending on your child's interest.



Level of Engagement Required by Adult:

High



Level of Prep Required:



What you need:

- "Here Come the Dinosaurs" rhyme (below)

What your child is learning:

- How to add creative movement to rhymes
- Basic information about dinosaurs

What you do:

Familiarize yourself with the words and movements to the rhyme, "Here Come the Dinosaurs." Tell your child that you're going to say a rhyme about dinosaurs and perform some movements that go along with the rhyme and that they are invited to copy your movements. Say the rhyme and perform the movements. Repeat the rhyme a few more times and as your child becomes familiar with the words and movements, invite them to recite the rhyme and move along with you.

"Here Come the Dinosaurs!"

Welcome, friends, let's sit on the floor, (**everyone sits on the floor**)

To learn about the dinosaurs.

Some may stomp and some may soar,

(**stomp fists on the floor and then make flying motions with your arms**)

Let's just think a little more.

Babies hatch from eggs in nests, (**hold out hands with palms up, as if holding an egg**)

First comes one and then the rest.

Some eat plants, the herbivores, (**pretend to eat food from your hands**)

Meat-eaters are called carnivores.

Listen close, you'll hear a big roar, (**cup your ears with your hands**)

Look, here come the dinosaurs! (**point off in the distance**)

RRRRROAR! (**everyone roars loudly**)

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Game Time: Picture-Book I Spy

Put your child's observations skills to the test with a fun game of I Spy!

Grab one of your favorite pictures books and play a game of I Spy. Look at the illustrations and select one object to provide clues about. Have your child look at the illustration and provide them with an "I spy" clue. Keep providing clues until they've named the object you selected.

