



Dinosaur Themed Walk

Government advice currently states that families are allowed out once a day for exercise. This information sheet has been developed to inject some fun, playful activities into daily exercise and throughout the day.



Watch out! There's Dinosaurs about!
Use these playful ideas to have a
Roarsome adventure!



Keep a log of your Journey
How many people did you see?
Did you know them?
How many steps did you walk?
What was the weather like?

Before you explore...

- Dress up like an explorer - don't forget your wellies.
- What supplies might an explorer have in their rucksack?
- Try making some binoculars to spot Dinosaurs.

During your expedition...

- Look for dinosaur footprints
- Dig for fossils- stones, sticks, shells.
- Make a hide-out to look for dinosaurs without being spotted
- Climb a tree to look for big dinosaurs
- Try to walk like a T-rex- STOMP! STOMP! STOMP!
- Build a dinosaur nest using sticks, stones, leaves, mud etc
- The dinosaurs are coming—run as fast as you can to escape
- Flap your arms like Pterodactyl wings

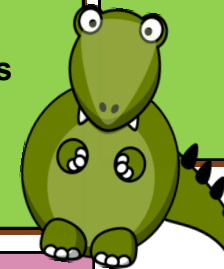
When you return to basecamp...

- Draw pictures of the dinosaurs you saw on your walk
- Make your own dinosaur eggs by painting stones. You could hide them on your next adventure



Can you say the names of these dinosaurs?

Triceratops Diplodocus
Pterodactyl T-Rex



Important

Adhere to social distancing guidelines during any daily exercise.
Remain at least 2 metres away from other people at all times.