

Language, Cognitive & Affective Development

- **Welcome Song & Gathering -Hello, Hello! Can You Clap Your Hands?**

“Hello, hello! (wave one hand, then the other)
Can you clap your hands? (clap)
Hello, hello!
Can you clap your hands? (clap)
Can you stretch up high? (stretch towards the ceiling)
Can you touch your toes? (bend down and touch your toes)
Can you turn around? (turn around)
Can you say “hello”? (wave, then say hello)
Can you stomp your feet? (stomp your feet)
Hello, hello!”

Social, Physical & Attention Development

- **Purposeful Play Stations** -Promote opportunities for proactive language & social communication skills, promote gross and fine motor play to increase balance, strength, independence and participation. Parents should move through the stations with the child, have volunteers modify as needed.

Fine motor/Sensory Station: Dinosaur Egg Eruptions

- You will need:
 - Baking soda
 - Cornstarch
 - Water
 - Food coloring (optional)
 - Vinegar
 - Eye dropper or spoon
 - Ziploc bag
 - A pan to contain mess
 - Small dinosaurs or toys
- Place two cups of baking soda in a Ziploc bag. (this will make 7-8 eggs, you can half the recipe if you want to make less)
- Add a little less than ½ a cup of cornstarch. Mix them together. (This can be done in a fun way by shaking the bag)
- If you want to add food coloring you can put a few drops in your bag now and shake it up.
- Now start adding water, a few tablespoons at a time. Mix between each addition.
 - Keep adding water until your mixture resembles a soft dough that will hold together and not crumble. It is better to be a little wet that too dry. If it melts when you put it down, it is too wet and needs more baking soda.
- Take a small handful of the mixture and pat it into a circle. Place your dinosaur inside and add more mixture on top to cover the dinosaur completely. Mold the mixture in your hand until it resembles an egg and cover the dinosaur completely. Continue making eggs until your mixture is all used up. Place the eggs on a tray and freeze for at least an hour. Or leave them out overnight.
- When the eggs have hardened it is time for them to hatch!
- Place one of your eggs on a tray.
- Use an eye dropper or spoon to drizzle vinegar over the egg. Watch what happens! Keep adding vinegar until your dinosaur has hatched. Keep hatching your eggs and finding the dinosaurs inside!
- For extra sensory play, dig around in the baking soda/vinegar solution. What does it feel like?

Gross motor station: Dinosaur Yoga

- Frog Pose: Pretend to be a Dimetrodon and show off your back fin!
- Upward Facing Dog Pose: Stretch your chest high like a Brachiosaurus.
- Tree Pose: Stand tall and ground yourself like a Jurassic tree!
- Windmill Pose: Stretch out and touch your dino feet!
- Airplane Pose: Fly around like a Pterodactyl.
- Mermaid Pose: Stretch high like a Diplodocus.
- Happy Baby Pose: Rock side to side like a baby dino hatching out of its egg!
- Horse Pose: Stretch out and explode like a volcano!
- Rabbit Pose: Pretend your arms behind your back are Stegosaurus plates!
- Salutation Seal Pose: Pretend your hands are a Dilophosaurus fan.
- Table Pose: Crawl around like a Triceratops!
- Chair Pose: Stomp around like a T-Rex!

Fine motor Station: Dinosaur Craft

You will need:

- Paper plate
- Paint and paintbrush
- Clothespin or toilet paper tube
- Scissors
- Start by cutting your paper plate in half.
- Decide what color body you want your dinosaur to have and paint ½ the paper plate pieces. If you want to make two dinosaurs, you can paint both!
- If you have two clothespins, paint them whatever color you want your dinosaurs legs to be. If you have a toilet paper tube cut it in half. Cut a slit in one side of the tube then across from where you cut the first slit, cut another the same size. Do the same thing to the other piece of the tube. Paint whatever color you want your dinosaurs legs to be.
- On your construction paper draw your dinosaurs spikes, head and tail. You can decide if you want a long neck or a short neck, a long tail or a small tail. Get creative! Make the dinosaur of your choice!
- Glue your head, tail, and spikes to the back side of the paper plate.
- Add a smile and googly eye to your dinosaurs head!
- Clip the clothespins to the bottom for legs OR slide the paper plate into the slits of your toilet paper tube! Now have your dinosaur stomp around!



12 PAPER PLATE
Dinosaurs



Good-bye -Celebrate successes and remind of upcoming programs, activities and events.

- **It's our time to say goodbye!**
- It's our time to say goodbye to Mommy, it's our time to say goodbye to mommy, it's our time to say goodbye to mommy, say bye bye bye bye.
- Repeat with Daddy, sister, brother, everyone!



Down Syndrome Achievement Centers
educate. inspire. believe.

Destination Discovery Purposeful Programming Dinosaur

BONUS Sensory/Fine Motor Station: Dinosaur Fossils

- Items you need:
 - Salt
 - Flour
 - Water
 - figures (or items to create fossils like leaves and shells)
- In a large bowl mix 1 cup of salt and 2 cups of flour together.
- Gradually stir in $\frac{3}{4}$ cups of water. Mix well until it forms a dough consistency.
- Place your dough on the table and knead with your hands until smooth and combined.
- Grab small handful of dough and roll in a ball then squish (flatten it) to about $\frac{1}{2}$ inch thick.
- Push your dinosaur or shell down in the circle to make an imprint. Remove the dinosaur/shell so just the imprint is left behind.
- If you want to keep your fossils, place them into the oven at 250 degrees for two hours. You can paint them before or after baking.
- Brown food coloring or watered down brown paint
- Dinosaur