

**Week 7 - Dinosaurs**

|  | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>  |
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| <b>Parent Self-Care</b>                | Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.   | Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.   | Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.  | Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.  | Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.  |
| <b>Breakfast<br/>8:30am-9am</b>        | <b>Discussion Question:</b> What happened to the dinosaurs? Look into different theories  | <b>Discussion Question:</b> Which dinosaur is your favorite and why?  | <b>Discussion Question:</b> What is something you wish our family did together?  | <b>Discussion Question:</b> If you could make one rule for everyone in the world to follow, what would it be?  | <b>Discussion Question:</b> What do you feel are the most important things to living a great life?   |
| <b>Educational Time<br/>9am-9:45am</b> | Using chocolate chip cookies, toothpicks, and other tools from around the house, experience how careful paleontologists have to be with dinosaur fossils.<br><a href="#">Cookie fossils</a> | Using baking soda, vinegar, and a little food coloring, create your own dinosaur eggs with this exciting science experiment!<br><a href="#">Fizzy Dinosaur Eggs</a> | Let's read! Do you know which animals alive today are relatives of prehistoric animals? Check out this cool article and video to learn more!<br><a href="#">5 animals with prehistoric ancestors   Explore   Awesome Activities &amp; Fun Facts</a><br><br><a href="#">It's a Bird! It's a Plane! It's a DINOSAUR!</a> | What dinosaurs lived in Oklahoma? With parent permission, do some online research to find the names of the dinosaurs found in OK. Can you name our state dinosaur? | Use what you've learned about dinosaurs this week to create your own dinosaur fossil out of pasta. Check out some examples here:<br><a href="#">Pasta Dinosaur Fossils</a> |
| <b>Art &amp; Music<br/>10am-11am</b>   | <b>Art:</b> All you need for this cute craft is tissue paper, paper (thicker works better), and glue!   | <b>Art:</b> Enjoy the sunshine and create shadow art! You'll need chalk and paintbrushes. If it   | <b>Art:</b> Use recycled paper rolls to create dinosaurs like a diplodocus or triceratops! <a href="#">Paper Roll</a>  | <b>Art:</b> Make hardboiled eggs and then use paint or markers to decorate them and make them look like  | <b>Art:</b> Use your hand and footprints to create dinosaurs! Check out these examples:  |

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|   | <p><a href="#">Tissue Paper Dinosaur</a></p> <p><b>Music:</b><br/>Learn songs about dinosaurs.<br/><a href="#">Feeding Baby Dinosaur   Dinosaur Musical   Pinkfong Stories for Children</a></p> <p><a href="#">Tyrannosaurus Rex, Dinosaurs Songs about the T Rex by StoryBots</a></p> <p><b>Movement:</b><br/><a href="#">The Laurie Berkner Band - We Are The Dinosaurs (Official Video)</a></p> | <p>gets too warm, you can always trace your shadow and paint it later! <a href="#">Shadow Art</a></p> <p><b>Music:</b><br/>"Velociraptor."<br/><a href="#">Dinosaurs Songs by StoryBots   Netflix Jr</a></p> <p><b>Listening:</b><br/><a href="#">Saint-Saëns - The Carnival of the Animals - XII. Fossils</a></p> <p>See if you can find something around the house to play along with Fossils.<br/>Ex wooden spoons, pencils.</p> | <p><a href="#">Dinosaurs</a></p> <p><b>Music:</b><br/>"Triceratops."<br/><a href="#">Dinosaurs Songs by StoryBots   Netflix Jr</a></p> <p><b>Movement:</b><br/><a href="#">Koo Koo Kanga Roo - Dinosaur Stomp (Dance-A-Long)</a></p>   | <p>dinosaur eggs. You can even have a dino egg hunt in the backyard (see later in the day)!</p> <p><b>Music:</b><br/>"Apatosaurus."<br/><a href="#">Dinosaurs Songs by StoryBots</a></p> <p><b>Movement:</b><br/><a href="#">Dinosaur Boogie</a></p>   | <p><a href="#">Example 1</a><br/><a href="#">Example 2</a><br/><a href="#">Example 3</a></p> <p><b>Music:</b><br/><a href="#">Ankylosaurus Dinosaur Song</a> 🦖<br/><a href="#">Ask the StoryBots   Netflix Jr</a></p> <p>"Stegosaurus."<br/><a href="#">Dinosaurs Songs by StoryBots   Netflix Jr</a></p>                |
| <p><b>Screen Time</b><br/><b>11am-11:30am</b></p> | <p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b><br/><a href="#">Dinosaur Games   PBS KIDS</a></p> <p><a href="#">Paleontology for Kids: OLogy   AMNH</a></p> <p><a href="#">Scholastic: Dinosaurs</a></p> <p><a href="#">Dinosaurs for Kids - Fun Ideas, Cool Projects, Free Online Science Resources</a></p>   | <p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b><br/><a href="#">Dinosaur Games   PBS KIDS</a></p> <p><a href="#">Paleontology for Kids: OLogy   AMNH</a></p> <p><a href="#">Scholastic: Dinosaurs</a></p> <p><a href="#">Dinosaurs for Kids - Fun Ideas, Cool Projects, Free Online</a></p>  | <p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b><br/><a href="#">Dinosaur Games   PBS KIDS</a></p> <p><a href="#">Paleontology for Kids: OLogy   AMNH</a></p> <p><a href="#">Scholastic: Dinosaurs</a></p> <p><a href="#">Dinosaurs for Kids - Fun Ideas, Cool Projects, Free Online</a></p> | <p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b><br/><a href="#">Dinosaur Games   PBS KIDS</a></p> <p><a href="#">Paleontology for Kids: OLogy   AMNH</a></p> <p><a href="#">Scholastic: Dinosaurs</a></p> <p><a href="#">Dinosaurs for Kids - Fun Ideas, Cool Projects, Free Online Science Resources</a></p> | <p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b><br/><a href="#">Dinosaur Games   PBS KIDS</a></p> <p><a href="#">Paleontology for Kids: OLogy   AMNH</a></p> <p><a href="#">Scholastic: Dinosaurs</a></p> <p><a href="#">Dinosaurs for Kids - Fun Ideas, Cool Projects, Free Online</a></p> |

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|  | <a href="http://DinoDictionary.com">DinoDictionary.com</a>   Profiles of over 300 known dinosaurs!  | <a href="http://Science Resources">Science Resources</a><br><a href="http://DinoDictionary.com">DinoDictionary.com</a>   Profiles of over 300 known dinosaurs!  | <a href="http://Science Resources">Science Resources</a><br><a href="http://DinoDictionary.com">DinoDictionary.com</a>   Profiles of over 300 known dinosaurs!   | <a href="http://DinoDictionary.com">DinoDictionary.com</a>   Profiles of over 300 known dinosaurs!  | <a href="http://Science Resources">Science Resources</a><br><a href="http://DinoDictionary.com">DinoDictionary.com</a>   Profiles of over 300 known dinosaurs!  |
| <b>Lunch</b><br><b>11:30am-12:30pm</b>           | <a href="#">Eat like an herbivore!</a>  | <a href="#">Edible Fossil Dig</a>   | <a href="#">Cheerio Volcano</a>  | <a href="#">Jurassic Tree Snack</a>   | <a href="#">Waffle and Fruit Dinosaur</a>   |
| <b>Independent Time</b><br><b>12:30pm-1:30pm</b> | Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves.             | Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves. | Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves.                                      | Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves. | Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves. |
| <b>Physical Time</b><br><b>1:30pm-2:30pm</b>     | Check out the Dinosaurumpus Movement Game! If you aren't able to print off the spinner, just simply write the actions on scraps of paper to play.<br><a href="http://dinosaurumpus-game.jpg">dinosaurumpus-game.jpg</a> | Loosely bind arms to be like T-Rex or simply hold them close to your sides, and find some games to play with short arms (For example, a clothing relay race would be tough, but funny, for a T-Rex!)        | Try out this hilarious T-Rex feet game! It's much harder than it looks!<br><a href="#">Hilarious TREX Game (With images)</a>   <a href="#">Dinosaur party games</a> , <a href="#">Superhero party games</a> , <a href="#">Bridal party games</a> | Time for a dinosaur egg hunt (use plastic eggs or the eggs you decorated earlier today)!  | Use dinosaur toys/figures or go buy some from the dollar store, then hide them around the house. Whoever can find the most or find them the fastest, wins!  |
| <b>Educational Time</b><br><b>2:45pm-3:30pm</b>  | Create a dinosaur fact file! Each day this week, pick a different dinosaur to research and learn about (or  | Pick a new dinosaur to research and add to your fact file.<br><br>If child(ren) have  | Pick a new dinosaur to research and add to your fact file.<br><br>If child(ren) have   | Pick a new dinosaur to research and add to your fact file.<br><br>If child(ren) have  | Take a field trip to the Science Museum to check out their dinosaur exhibit!<br><a href="https://www.sciencem">https://www.sciencem</a>   |

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|  | <p>more if you like). Put it together at the end of the week, and you have your very own dino book! Here are some research templates to get you started:</p> <p><a href="#">Dinosaur Fact File Templates</a></p> <p>If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p> | <p>finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p> | <p>finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p>  | <p>finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p> | <p><a href="http://useumok.org/red-dirt-dinos">useumok.org/red-dirt-dinos</a></p> <p>If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.</p> |
| <p><b>Family Time</b><br/><b>3:30pm-4:30pm</b></p>         | <p><a href="#">No Darts Dino Balloon Pop</a></p>  | <p><a href="#">Dino Tails</a></p>   | <p><b>Dinosaur Egg Stomp</b><br/>For this game you'll need inflated balloons and string. Tie a balloon to each kids' ankle. Use long enough string so the balloon drags on the floor. The kids try to crack the others' eggs while protecting their own. The one who has his egg intact in the end wins.</p> | <p><a href="#">Dino Fossil Sugar Cookies</a></p>  | <p>Field trip to the Science Museum.</p>   |
| <p><b>Question of the Day</b><br/><b>Anytime 5-8pm</b></p> | <p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with</p>   | <p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with</p> | <p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with</p>  | <p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with</p> | <p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with</p>  |

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|   | you.<br><b>Question:</b> What's your favorite holiday? | you.<br><b>Question:</b> What made you smile today? | you.<br><b>Question:</b> What do you do when you can't sleep at night? | you.<br><b>Question:</b> Do you think it's better to have one skill you're A+ at or a bunch of skills you're a C at? | you.<br><b>Question:</b> After learning about dinosaurs this week, do you have a new favorite? If so, which one and why? |
| <b>Bedtime</b><br><b>3-6 years:</b> 6-8pm<br><b>7-12 years:</b> 7:30-9pm<br><b>Teenagers:</b> 8-10pm (keep in mind that teenagers need at least 9 hours of sleep) |  |   |  |  |  |

**Weekend Suggestions:**

- Nature scavenger hunt
- Make slime or playdough together
- Movie night
- Camp outside
- Water fight
- Play tag
- Make homemade pizza
- Facepaint

**Mindfulness Resources:**

- [10 Summertime Activities For Mindfulness, Togetherness, and Connection.](#)
- [10 Mindful Summer Activities to Do With Your Kids](#)
- [5 Summer Mindfulness Activities for Your Kids](#)