

Active Games

T-Rex Tag

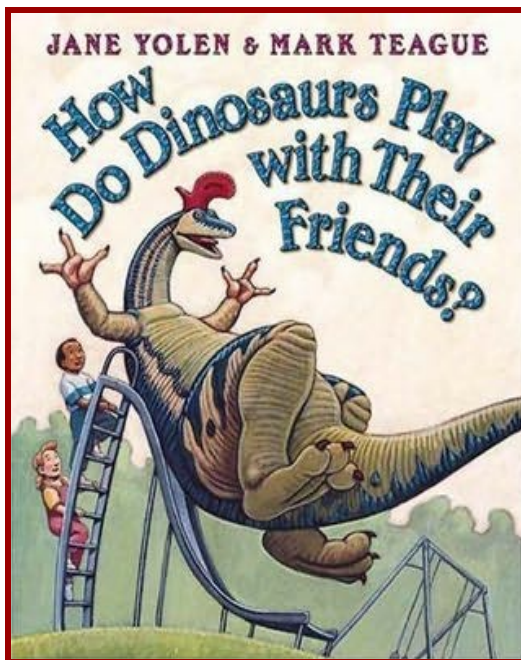
One of the children is the T-rex, and the others are all plant-eaters. Make a square area with cones, big enough so the children can run around without bumping into each other. The T-rex needs to tag the plant-eaters. When he tags them, they fall to the ground, and stay there. When the T-rex has tagged all of the plant-eaters, the last person to be tagged is the T-rex!

Cave Crawl

Make a cave out of cushions and blankets and let your kids take turns crawling through it, pretend to sleep or hide inside of it, etc. Talk about how dinosaurs lived in many types of environments, but some scientists think specific species of dinosaurs might have lived in rocks and caves. You can also construct a cave out of refrigerator boxes and let your kids decorate it with lush jungle scenes and dinosaur stickers!

Don't Fall in the Dino Swamp

You need two regular size jump ropes. Set the jump ropes parallel to each other to create swamp space. The children jump across, trying not to jump in the swamp. Move jump ropes farther apart after each attempt.



Triceratops, Triceratops, PTERANODON!

Play duck duck goose, only change it to “Triceratops, Triceratops, PTERANODON!” The pteranodon gets up and runs around the circle. This easy adaptation is great for gross motor skills!

