

DINOSAUR WORKOUT FOR KIDS



VELOCIRAPTOR RUN

Run in place as fast as you can!



STEGOSAURUS WALKS

On your hands & feet, hips high, walk forward and back, stomping loudly.



PTERODACTYL TAKE OFF

Spread your arms wide and move them quickly in a circle, jump up and down as high as you can



T-REX RUN

Put your elbows in your armpits and run in place lifting your knees as high as you can



COMPSOGNATHUS PRANCE

Jump left & right, crossing one leg behind the other as you move.



BRACHIOSAURUS STRETCH

Stand up straight, stretch as tall as you can with your arms up standing on your tip toes. How far can you reach?



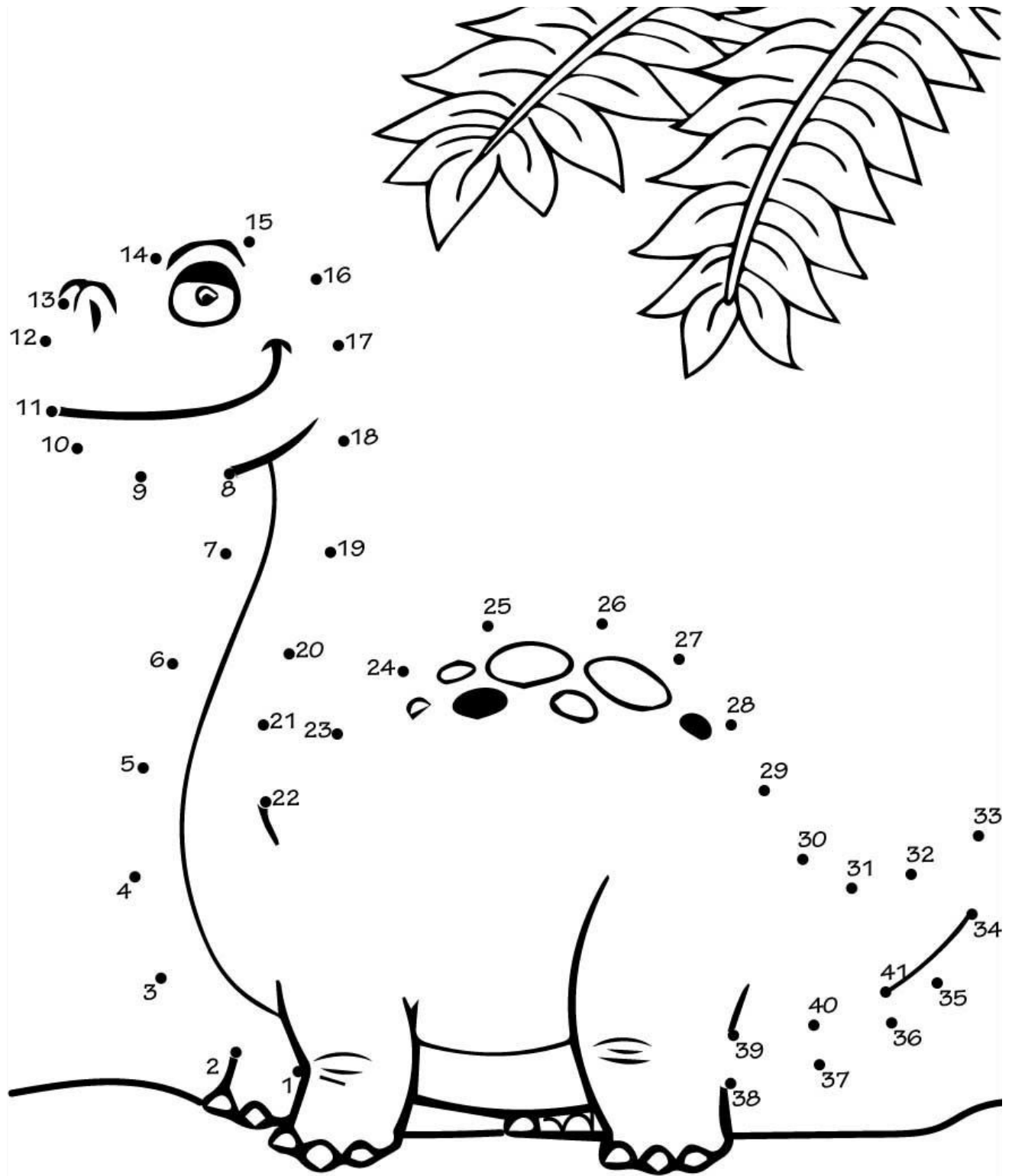
THE DIPLODOCUS

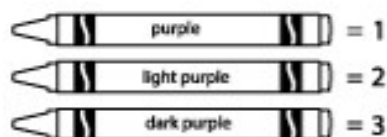
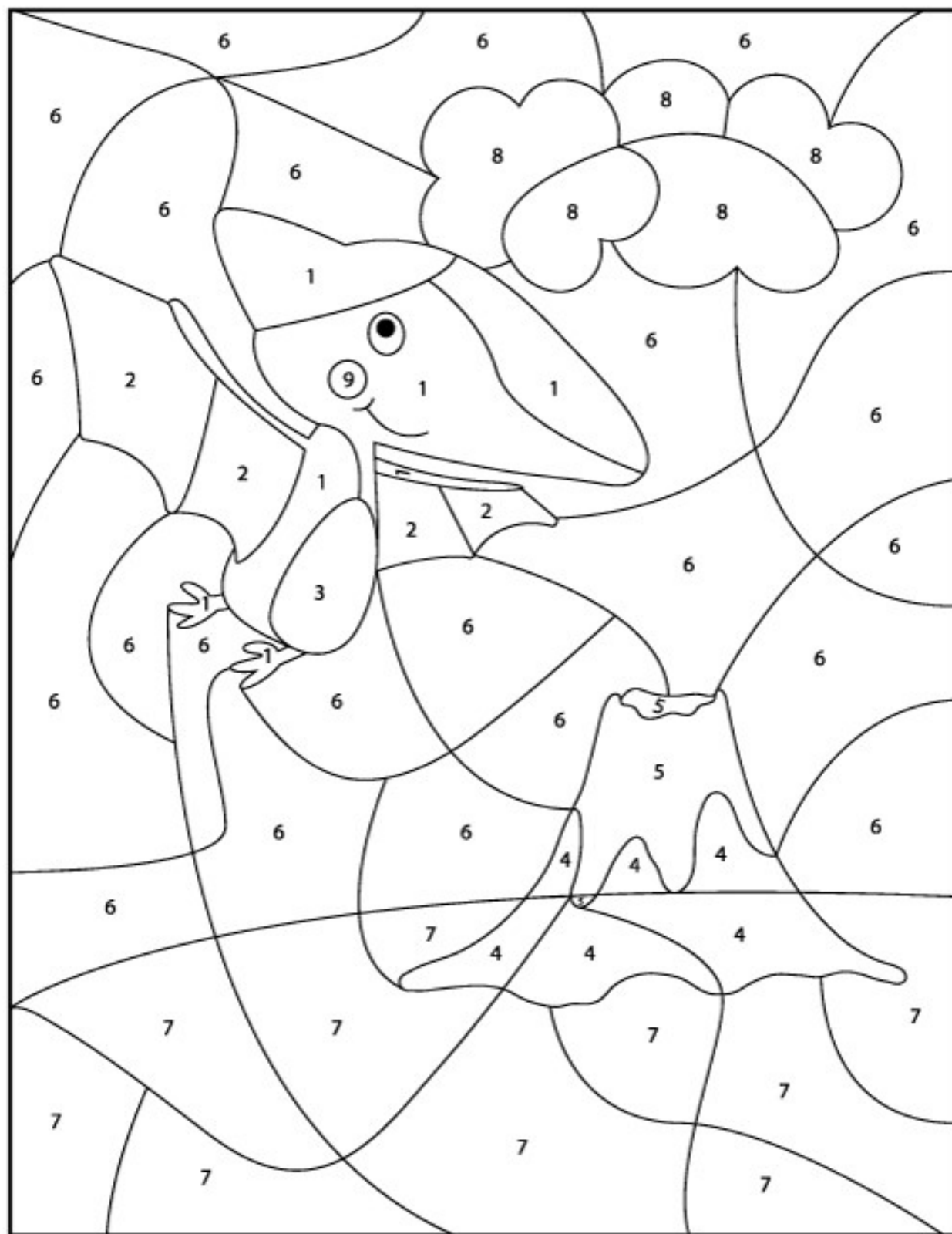
Start on your hands & knees, stretch your left leg behind you and your right arm in front of you. Move your leg up, down, left, & right. Then switch sides and repeat.



SPINOSAURUS STRETCH

Draw your belly to your spine and round your back toward the ceiling. Your back should be in an arch-like shape, similar to the spines on the Spinosaurus' back.





Help finish the drawings.

