

Theme: Dinosaurs

Lesson Plan (Quick view)

1. Warm up: Dinosaur movement chant
2. Vestibular: Follow the dinosaur footprints
3. Proprioception: Carry dinosaur bones
4. Balance: Dinosaur Hokey Pokey
5. Eye-Hand Coordination: Pass the dinosaur eggs
6. Cool Down: Book How Do Dinosaurs Say Goodnight? Jane Yolen
7. Fine Motor: Textured Dinosaur

Details

1. Warm up

Sung to "Teddy Bear, Teddy Bear"

Dinosaur, dinosaur, turn around.

Dinosaur, dinosaur, stomp on the ground.

Dinosaur, dinosaur, give a roar.

Dinosaur, dinosaur, jump off the floor.

Dinosaur, dinosaur, swing your tail.

Dinosaur, dinosaur, "Whew, you smell!". (Plug nose with fingers)

2. Vestibular

Set up an obstacle course using a tunnel, balance beam and paper dinosaur footprints. Have the children move through the obstacle course pretending to be dinosaurs. Have the children crawl through the tunnel (cave), walk across the balance beam (fallen tree trunk), and stomp jump on the dinosaur footprints. Repeat several times.

3. Proprioception

Divide the children into 2 groups. Put blocks inside a small box (pretend dinosaur bones), and have the children carry them across the room and back again, being careful not to drop the bones! Have one child from each group go at the same time. It is helpful to place a turn around marker at the other end of the room.

4. Balance

Dino-Pokey (Sung to: "Hokey Pokey")

You put your claws in

You put your claws out

You put your claws in

scratch 'em all about

You do the Dino-Pokey and you turn yourself about.

That's what it's all about.

Additional Verse:

feet in/feet out/stomp them all about

teeth in/teeth out/chomp them all about

tail in/tail out/wag it all about

5. Eye-Hand Coordination

Have the children sit in a circle. Fill plastic Easter eggs with sand or rice and tape them closed. Tell the children that these are dinosaur eggs and that they must be very careful not to drop them. Play music in the background while the children pass the eggs around the circle. Stop the music and change directions. Repeat several times.

6. Cool Down

Read a book about Dinosaurs. One example is How Do Dinosaurs Say Goodnight? by Jane Yolen. (Scholastic, Inc. 2000)

7. Fine Motor

Give the children each copy of a dinosaur picture on page . Using Q-Tips dipped in glue, have the children glue a variety of textures onto the dinosaur picture. This could include cereal, small pieces of sandpaper, cotton balls, aluminum foil, wallpaper samples, tissue paper, fabric, etc.

Materials

- Tunnel
- Balance beam
- Paper dinosaur footprints
- 2 small boxes with blocks
- Several plastic Easter eggs with sand or rice inside (taped closed)
- Music
- Book How Do Dinosaurs Say Goodnight? By Jane Yolen (Scholastic, Inc. 2000)
- Outline picture of a Dinosaur page 1 for each child
- Textured materials (i.e. cereal, small pieces of sandpaper, cotton balls, aluminum foil, wallpaper samples, tissue paper, fabric)
- Glue & Q-tips