


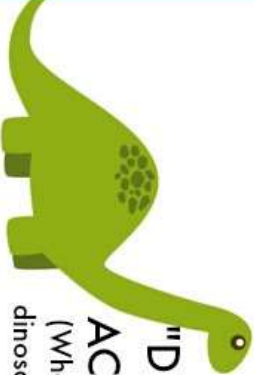






DINOSAUR HEAVY WORK

Proprioception Activities with a Dinosaur Theme

 <p>HIDE LIKE A DINOSAUR (Roll up tight in a blanket, squash between couch cushions, or hide under a blanket with pillows on top.)</p>	 <p>PUSH AND PULL LIKE A DINOSAUR (push a chair or loaded laundry basket, pull a bungee cord, play tug-of-war)</p>	 <p>MUNCH LIKE A DINOSAUR (Bite chewy or crunchy foods. Drink smoothies through a straw, bite chewy toys)</p>	 <p>"DINOSAUR WALK" ACROSS THE ROOM (Wheelbarrow walks, crawl like a dinosaur, or stomp across the room)</p>
 <p>CARRY A BACKPACK FULL OF BOOKS</p>	 <p>SMASH BETWEEN TWO COUCH CUSHIONS</p>	 <p>BE STRONG LIKE A DINOSAUR (Carry a heavy bucket of toys, wear a backpack full of books, or wear wrist weights and toss a ball)</p>	 <p>JUMP AND FLY LIKE A DINOSAUR (Jump on a pile of pillows, hop with both feet, or climb monkey bars)</p>