



**Dinosaurs are a big theme in the Motor Therapy Room that we do every year at this time. Below are several activities that can be completed over the next 2 weeks**

We are doing one of my favorite themes over the next 2 weeks for this lesson plan - Dinosaurs! The fine motor lesson in this packet is one that we do each year in the motor therapy room. It combines strengthening of the core muscles (by laying on your belly to color the paper plate, hand strengthening (using a crayon to color all of the areas of the paper plate), self regulation and expectations (we talk about expected coloring - coloring all areas of the paper plate so that no white spots are showing, if you color too fast and impulsively, you won't cover all of the white spots, if you color slowly and take your time, you'll cover all of the white spots and therefore follow the expected rules of coloring the paper plate), handwriting (writing about your dinosaur -what did you name him, describe what he looks like, describe the environment in which he lives and what he likes to eat), and visual perception (using the shapes to create a unique dinosaur).

When we were done we would hang them in the motor therapy room on our project board. If you choose to complete this project, I would love to see a picture of your dinosaur. I'll post your creations on the OT webpage!

### **Fine Motor - Build a dinosaur!**

At school, this is always a favorite theme/craft. You will need a half of paper plate, construction paper, crayons, and scissors.

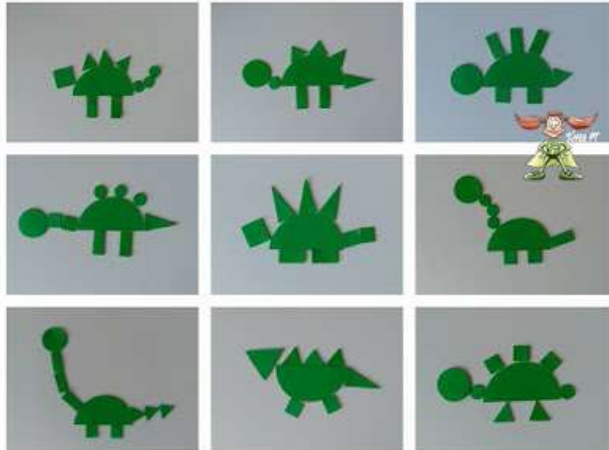
- Cut a paper plate in half and color the paper plate in a color of their choice. Use crayons to color – it's harder to color with a crayon and makes your hands stronger!  
This will act as the body base for your dinosaur
- Using the shapes from the link below, cut out these shapes (you can use foam or construction paper) or simply draw the shapes

<https://www.littlefamilyfun.com/2013/09/build-dinosaur.html>

- Now build your dinosaur and once your dinosaur is built - Name it, describe it, what is the environment in which it lives, what does it eat, is it a carnivore or an herbivore? Write down your creative thoughts – remember to use your handwriting strategies!

These are examples of dinosaurs that they can build. Once you have built one dinosaur, you can make another

To make it more difficult, using your half of paper plate as your body base, give the student 8 dinosaur pieces. The student must use all 8 pieces when creating their dinosaur.



\*Modifications to this activity – when coloring your paper plate, lay on your belly with your legs straight out behind you. Can you color the entire paper plate while maintaining this position? This is an excellent core strengthening activity.

These are some of the examples that Maren, Will and I made last week.



## **Dinosaur Gross Motor Movement**

### **1. Stay out of the Swamp**

Use a jump rope, broomsticks, or pieces of rope, etc. Set the two objects parallel to each other (forming a swamp). The student then jumps across the swamp trying not to land in the dinosaur-infested area. Move the objects farther apart after each attempt.

### **2. Dinosaur Stomps**

Complete 10 of the following dinosaur stomping moves:

- Fast Jumps
- Side To Side Jumps
- Forward and Backward Jumps
- Fast Stomping In Place,
- Slow Big Stomps In Place
- Jump and Turn (front to back)
- Right Foot Hops
- Left Foot Hops

### **3. Dinosaur Power**

A dinosaurs power comes from it's legs. Complete 10 of each Dinosaur Power based moves

- Squats
- Lunges
- Heel Raises
- Toe Raises
- Jumping Jacks
- Squat To Jump,
- Squat and Hold for 3 seconds
- Run In Place As Fast As You Can for 30 - 60 seconds – Do this once!

### **4. Dinosaur Heavy Work**

Refer to attached PDF for heavy work activities that will provide sensory input and strengthening.

## **Handwriting – Use the attached PDF’s to complete the following 4 handwriting activities.**

There are several handwriting activities using the attached PDF’s. All of these activities are ones that we do in the Motor Therapy Room in our OT sessions. Coloring, tracing, fine motor control exercises are all activities that help promote good handwriting.

### **1. Dinosaur Coloring and Tracing PDF**

Pick a dinosaur. Use a marker (not black) to trace over ALL of the black lines (even those tiny ones!). Once you have traced over all of the black lines, use a crayon to color in the dinosaur.

Can you trace and color all of the dinosaur pictures?

### **2. Dinosaur Letter D, small circles PDF**

Using a pencil, colored pencil, pen, or a thin marker make a circle within all of the circles in the letter D.

OR

Using a thin marker, pencil or colored pencil, as fast as you can put one dot (similar in size to a dot that you would use to make a period at the end of a sentence) inside each circle in the letter D. Track your time, using another color, can you beat your time?

### **3. Dinosaur Names PDF**

Print and cut out the dinosaur cards OR look at the pictures on the computer. On single lined notebook paper, practice your letter formation by copying the names of the dinosaurs. Did you spell the dinosaurs’ name correctly?

### **4. If I had a pet dinosaur writing PDF**

Fill in the worksheet. Keep your letters on the lines provided. Judge the size of your letters and do not use more space than the line provided.

Can you add more to your dinosaur pet story? Can you write 3-4 more sentences given the sentence starter “If I had a pet dinosaur...”

Questions to think about – what type of dinosaur would you like as your pet? where would it sleep? would your family members love it or be afraid of it? would you recommend a dinosaur as a pet and why?

**Visual Perception – Use the attached PDF’s to complete these visual perceptual activities.**

**1. Dinosaur Maze PDF**

Using a pencil trace through the dinosaur maze without bumping the sides. Then use a thin marker and trace over your pencil line, again do not bump the sides!

**2. Dinosaur Match Up PDF**

Draw a line to connect the matching dinosaurs. Go around the dinosaurs in your path.