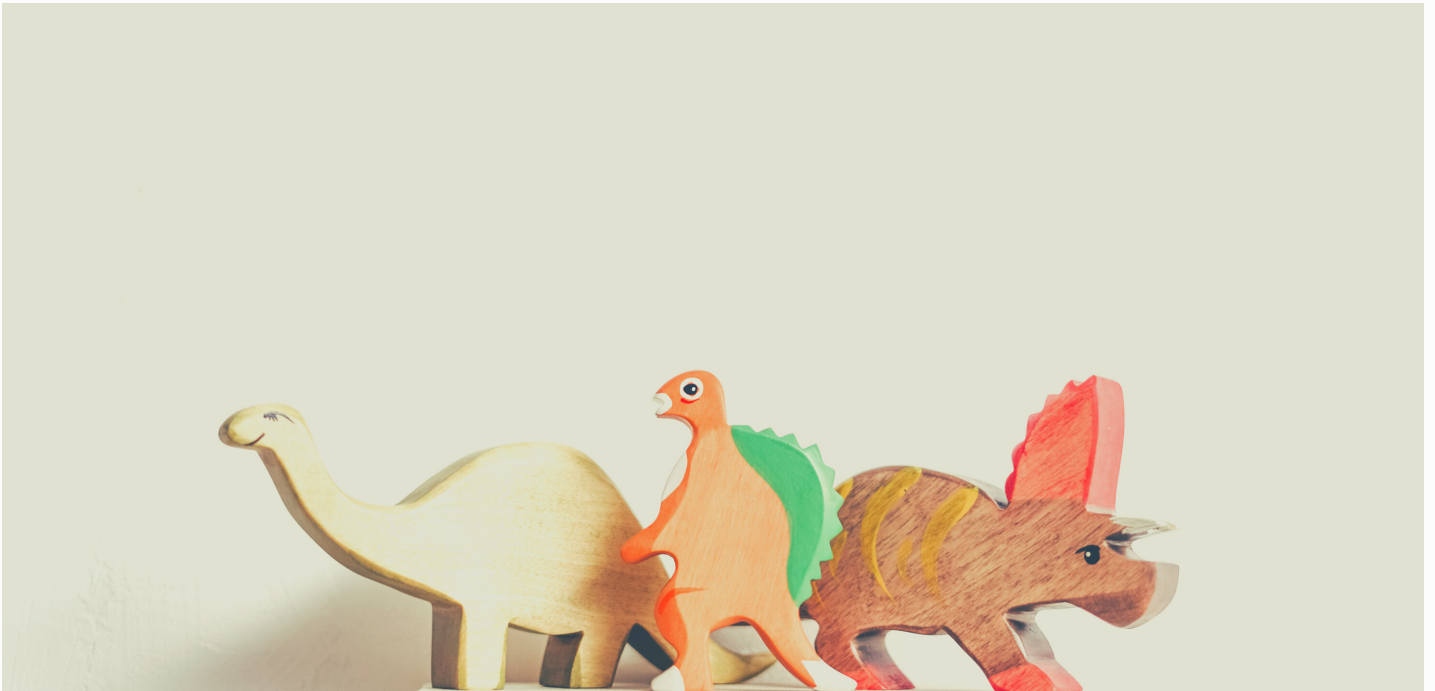




VOLUME 1 • MARCH 30

# BEACON HEIGHTS AT HOME

WEEKLY ACTIVITIES FOR PRESCHOOL FAMILIES



## TAKE A PEEK!

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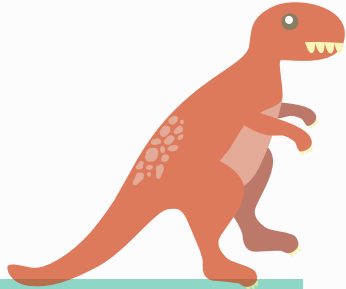
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Of course the work of childhood play isn't neatly divided into subject categories, but sometimes it helps us to organize our ideas!

## DINOSAURS!

When the dinosaurs come out at Beacon Heights, there are squeals of delight all around! So we couldn't resist kicking off our virtual preschool with these terrifically Triassic activities designed with you and your kids in mind. Keep reading to find games, projects, and songs perfect for your dino-loving little one!

# MOVEMENT



**"Movement is the starting point for wiring the brain for learning."**

GILL CONNELL

## MOVE LIKE A DINOSAUR

This "Simon Says" type activity is sure to get your kids giggling! The concept is basic and can be played in several different variations. Each dinosaur corresponds with a different way to move! You can take turns being "Simon" and giving instructions -or- or you could use paper and crayons to make dino movement cards that your child can randomly choose! Another fun variation? Play music for a dino dance party... every time you pause the music, shout out instructions for a new dinosaur dance!



**Flap your wings like a pteranodon**

**Charge like a triceratops**

**Stretch your neck like a brachiasaurus**

**Stomp like a t-rex**

**Paddle like a plesiasaurus**

## DINOSAUR, DINOSAUR, TURN AROUND

Check out [Ms. Carrie's song videos](#) (PW: [beaconheightsfamily](#)) to find this fun movement song, then groove along at home!

**Dinosaur, dinosaur turn around.**

**Dinosaur, dinosaur stomp the ground.**

**Dinosaur, dinosaur show your claws.**

**Dinosaur, dinosaur snap your jaws.**

**Dinosaur, dinosaur turn around.**

**Dinosaur, dinosaur sit back down.**

Want more dinosaur songs? You'll find them on page 4!



# ART & DRAMATIC PLAY

## DINOSAUR BONES

Get your hands messy with this fun salt-dough activity!

### INGREDIENTS:

- 2 cups flour
- 1 cup salt
- 3/4- 1 cup water



### PROCESS:

Mix together all ingredients in a large bowl.  
Knead with your hands about 2 minutes until firm.  
Then, have fun using your imagination to shape some fantastic dinosaur bones! This salt dough would also make some incredible fossils- collect natural elements like leaves and twigs to press into the dough and make an impression before removing them to bake.  
Bake your creations in a 325 degree oven- 30 minutes per inch of thickness.



### Materials:

1. Cardboard (large enough for preschool feet)
2. Scissors
3. String/ Yarn
4. Markers/ Crayons or Paint

After the dinosaur feet are drawn and cut out, they can be decorated! Use whatever tickles your fancy- markers, paint, crayons etc. Once decorated, you can poke two holes into the cardboard, a few inches from the sides. I suggest having your child place their foot on the dinosaur foot then marking a spot close to each side of your child's foot. That is where you will poke your holes. Once the holes are poked you can lace the string/yarn through them and tie them around your child's foot! Have fun stomping around! Maybe you can have a dinosaur dance party? Or, ya know, a Dinosaurumpus!

## EXTEND YOUR PLAY...

After your bones have completely cooled, use them in imaginative play! If it's nice out, find a spot to bury your bones then use shovels to find them.... re-purpose some old paintbrushes as very official-looking paleontology tools so your little scientists can brush off their findings.  
If the weather isn't great for an outdoor dig, take a few scoops of soil from your garden or sand from your sandbox into a shallow tray, and bring it inside for all-weather fun!

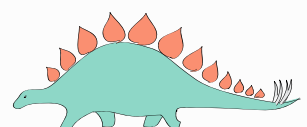
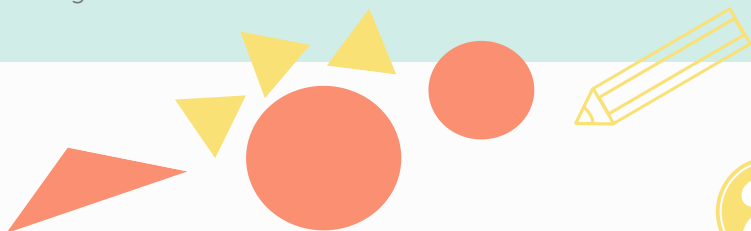
## DINO FEET

### Process:

Grab whatever cardboard you have in your home. This is what you will draw your dinosaur feet on! You can use cereal boxes, the top of a pizza box, amazon boxes etc... The thicker the cardboard, the sturdier the dinosaur feet. Remember dinosaur feet are BIG! When you draw your dinosaur feet be sure the dinosaur foot is two to three times larger than your child's foot. (This could be a great time to expand on the topic. Does your child have a favorite dinosaur? What does that dinosaur's footprint look like?)

## CHALLENGE: Can you draw a dinosaur using only circles and triangles?

Alternate Activity: Grownups, try setting up a simple invitation to create by cutting out a variety of circles and triangles. Leave them on the table with a whole sheet of paper and glue... and see what happens!



# MATH & SCIENCE

## HOW BIG WERE DINOSAURS?

Did you know that the tyrannosaurus rex had feet that were about 3 feet long and 1.5 feet wide? That's pretty enormous! Help your child visualize this size by measuring out an approximate dinosaur foot print. You could use a large sheet of paper, chalk on a sidewalk, or masking tape on your floor! Help your child compare her footprint to the dinosaur's. How many of her shoes can fit inside? What about mom or dad's shoes? Try another size comparisons: t-rexes were about 40 ft long. Help your child use a ruler or measuring tape to map out the distance on a sidewalk. The average adult foot is about 12 inches, so feel free to use your own foot as a measurement tool if you can't rustle up a ruler!



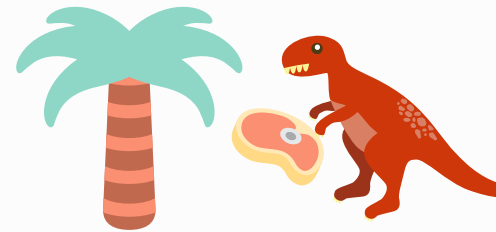
**WANT TO KNOW MORE?**  
Find dinosaur facts and a matching game attached to this email!

## WHAT DID DINOSAURS EAT?

Explain the basic concepts of **herbivore**, **carnivore**, and **omnivore** to your child. Then, at your next snack or meal time, have fun deciding which kinds of dinosaurs would eat the food on your plate!

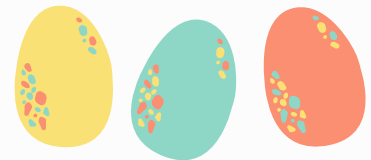
### DINOSAUR PIE

Provide your child with a bucket or bag and have them go outside and collect things that they think herbivore dinosaurs might have eaten (pinecones, leaves, wildflowers, etc.). Use these materials to make a collage using an old pie pan or paper plate. You can also have your child use the materials they found and "cook them up" into dinosaur pie and "serve" it in a pie pan!



## HOW WERE DINOSAURS BORN?

Just like birds and reptiles, dinosaurs hatched from eggs! If you have any Easter eggs lying around, gather them up for a dinosaur egg hunt! Use our printable dinosaur matching game cards to hide a dinosaur in each egg. Then simply hide, find, and match!



### HARD BOILED DINOSAUR EGGS

1. Hard boil eggs
2. Gently tap them on the counter to create cracks all around
3. Use food coloring to tint water in a cup or bowl and gently place eggs inside
4. Let sit in the refrigerator for a few hours or overnight
5. Peel to reveal a totally prehistoric looking boiled egg!

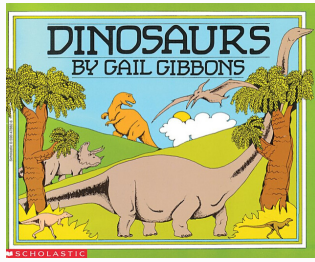
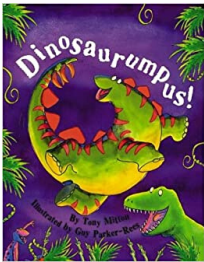
# LITERACY

## DINOSAUR STORY TIME

You are going to LOVE these dinosaur stories and songs!

Go to: [kidlitcrafts.net/beaconheights-videos](http://kidlitcrafts.net/beaconheights-videos)

Password: [beaconheightsfamily](http://beaconheightsfamily)



## 10 LITTLE DINOSAURS

One little two little, three little dinosaurs  
Four little, five little, six little dinosaurs  
Seven little, eight little, nine little dinosaurs  
Ten little baby dinosaurs!

Ten little, nine little, eight little dinosaurs  
Seven little, six little, five little dinosaurs  
Four little, three little, two little dinosaurs  
One little baby dinosaur!

## THERE ARE DINOSAURS ALL AROUND

(To the tune of "If you're happy and you know it")

There are dinosaurs stomping all around!  
There are dinosaurs stomping all around!  
There are all kinds of dinosaurs stomping all around!  
There are dinosaurs stomping all around!

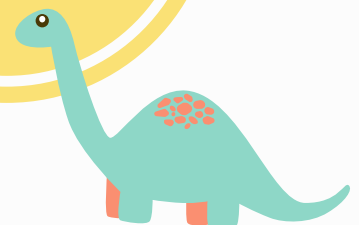
(Replace "stomping" with "flying," "eating," "swimming," etc. What else can dinosaurs do?)

## DINOSAUR PIE! (A CHANT)

Dinosaur pie!  
Dinosaur pie!  
If I don't get some,  
I think I'm gonna cry!

Take away the green grass!  
Take away the sky!  
But please don't take away  
My dinosaur pie!

Did you know  
rhyming games and  
songs are wonderful  
ways to prepare your  
child to read?



If you try some of these fun ideas this week, we would love to see!  
Email [anna@beaconheights.net](mailto:anna@beaconheights.net)  
to have your work featured in our next newsletter!