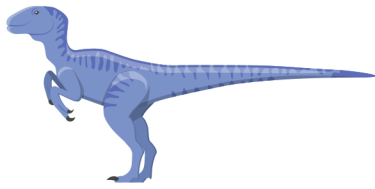
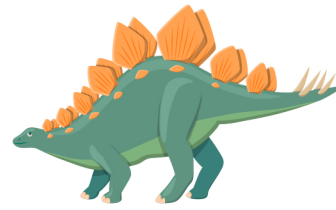


# DINOSAUR WORKOUT FOR KIDS



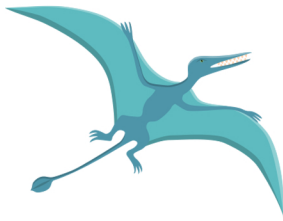
## VELOCIRAPTOR RUN

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



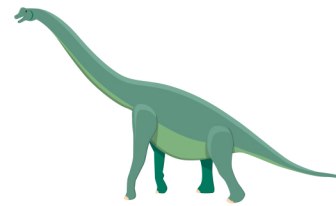
## T-REX RUN

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.



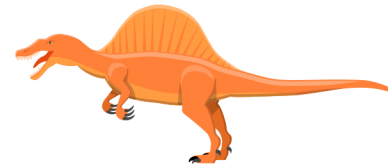
## BRACHIOSAURUS STRETCH

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 the spines on the spinosaurus' back.

# PRINTER FRIENDLY INSTRUCTIONS

## Velociraptor Run

Velociraptors are known for their speed. Run in place as fast as you can for the entire minute.

## Stegosaurus Walks

Stegosaurus are extremely heavy and walk on all four legs. But their back legs are longer than their front legs.

So, on your hands and feet, with your hips high (like a bear walk) walk 4 steps forward and 4 steps back.

But, try to stomp as loudly as you can at the same time so you sound like a heavy stegosaurus.

## Pterodactyl Take Off

Stand with your arms spread wide like a pterodactyl's wings and move them quickly in a circular motion then jump up and down as high as you can, like you're trying to take off and fly like a pterodactyl.

## T-Rex Run

High knees.

Bend your arms, and try to get your elbows as close to your armpits as possible, making short arms like the tyrannosaurus Rex.

Now, run or march in place lifting your knees as high as you can as if you're trying to get your knees to touch your hands.

## Compsognathus Prances

These are like [skater jump](#).

Compsognathus was a small but fast carnivore that relied on its speed to catch its prey.

Stand with your legs hip-width apart, knees bent slightly. You're going to jump left and right, crossing one leg behind the other as you move, prancing back and forth like a Compsognathus about to prance on its prey.

## **Brachiosaurus Stretch**

Stand up straight, feet together, and lift your arms straight over your head.

Stretch up as tall as you can, like the brachiosaurus' long neck. Get on your tippy toes and try to reach farther and farther.

How tall can you make yourself?

## **The Diplodocus**

The diplodocus had the longest tail of all the dinosaurs, it also had a very long neck.

Start on your hands and knees. Stretch your left leg out behind you like the diplodocus' tail, and your right arm out straight in front of you like its neck.

Move your leg up and down and left and right (like you're wagging your tail). Then, switch sides so your right leg and your left arm are extended, and repeat.

## **Spinosaurus Stretch**

**This is the cool down move.**

Start on your hands and knees. 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.

Alternate between this pose and being neutral or curving the back, trying to elongate your spine with each rep.

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