



**The Hive** EDUCATION

# 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 to the spines on the spinosaurus' back.