

Dinosaurs in Ice



This is an activity we do in the sensory table and have it out for the week – so there can be a lot of exploring and building on the skills from the last session. You can use a bowl, a small plastic tote, or the kitchen sink.

Materials Needed: muffin pan, small plastic dinosaurs, water. Plastic tote, bowl, or sink to play/explore in. Other items to have handy – plastic hammer, plastic trees, cars, clean rocks – anything that can add to the experience.

How to: Freeze the dinosaurs in the muffin pans the day before. If they stick, let them sit on the counter for a minute or two, and they should come out. Put the ice in the container you are using. You can add a variety of items to explore with – plastic hammers, clean rocks, trucks, small bowls, bigger dinosaurs. Whatever you have handy is great. This is a fun activity to do regardless of the season, but in winter, it helps to develop the concept of cold-like outside. In the summer, it is a great outside activity to help cool you off.

Developmentally this activity encourages gross motor and heavy work – Dinosaurs do many big actions – stomp, roar, run. Some dinosaurs fly. All these actions are great for imitating back and forth. “I am the daddy dinosaur, and I ‘stomp, stomp, stomp!” Dinosaurs can hop on top of the rocks, the cars. They can jump in the water (melting from the ice). You can also hammer, hammer, hammer trying to get the dinosaurs out of the ice. Add some washcloths, and together you can give the dinosaurs a bath, wash the cars and truck. All these actions come with simple 1–2 word phrases that can be understood by your child. Of course, roaring is very important when you are a dinosaur – you can do quiet roars, loud roars, baby roars. Again, supporting communication in varying the volume, the pitch, and actions that go with those differences.

<http://mamaguru.com/dinosaur-party-activities/>