



Holly Ridge Center

Education Department

At Home Learning

Dinosaurs Stomping in the Mud

Here at Holly Ridge Center, we love art; it allows children to express their creativity and explore different textures, mediums, engage in their sensory exploration and use their fine motor skills and language skills. Dinosaurs in the mud is a great art activity that can be done using what you have at home.



Materials & Directions:

-Dinosaurs (one for each of you), newspapers, blank paper/construction paper, brown paint, paintbrush, paper bowl or tin pie pan, dish soap, towel

- Adaptive versions: the above and music, gallon Ziplock bag, spatula, sponge, rubber band, bubbles, shaving cream



1. Pour the paint into the paper bowl/tin pie pan, just a dollop of paint, and add a squirt of dish soap (this helps get the paint out of clothes). Mix the paint and soap together.
2. Lay down newspaper on the highchair, table, or floor wherever you want to do your dinosaur stomping in the mud. Lay down your paper or construction paper.
3. Model placing the dinosaur into the paint and stomping it onto the paper. Use dinosaur sounds to emphasize the words “stomp,” “jump,” “swish” as you use the dinosaur, feet to stomp and tail to swish, or horns to jump in the mud. Label the types of dinosaurs you are using and their features: big, small, long tail, short horns, pink stripes, green speckles. You can also use paintbrushes or paint rollers if you have them. This allows a child who is hesitant to touch the paint to participate without touching it. Model using your dinosaur to stomp, jump, and swish its tail in the paint and on the paper. Modeling focuses on the imitation of our actions, which is how our little ones learn best. You may be tempted to help your child touch the paint but allow them to do this on their terms; this gives them a healthy sense of control over their likes and dislikes
4. Sometimes we will use blowing bubbles onto the paint to extend the activity. If you have what I like to call a “supersonic drive-by painter,” you can tune into their auditory senses, use music, stomp the dinosaurs in the mud to the music, and then freeze when you pause the music. This will support turn-taking and the natural pauses we have in conversations. If you have a “wiggly painter,” have them stand; if you do not have a table at their height, you can always use those empty diaper boxes to make a small table.
5. If you have a little tyke or a little one who is hesitant about being near the paint, you can place the blank paper in a large Ziplock bag with a few dabs of paint. Zip it up and have the dinosaurs stomp, jump, and swish on that.
6. If you do not have a paintbrush, you can use an unused sponge and fold it over a mixing spatula and secure it with a rubber band. You can use different mediums and use shaving cream as snow. When you spray the shaving cream into the bowl or tin pie pan, you can add some Elmer’s glue to make puff paint that looks like snow!
7. We would love to see your projects. Please tag us on Facebook so we can see your finished product! Here is ours!

Contributed by: Lizzie - December 2020