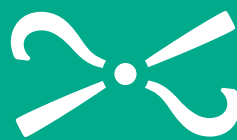


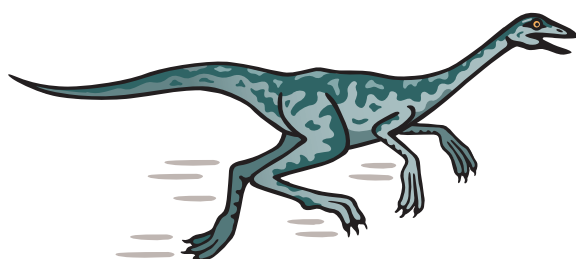
Freeze, roar, stomp! Dino warm-up and wind-downs



National
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Scotland

Use these dinosaur movements to get ready for learning and to cool down after class. Can you roar like a *T. rex* or freeze like a fossil? Try your most lifelike dinosaur impressions with these fun actions!

WARM
UP

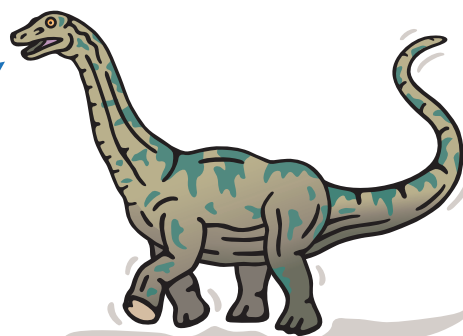


Run

Run quickly on the spot like the speedy *Dromiceiomimus* (*dro-MI-see-oh-MIME-us*)!

Stomp

Stomp like an *Argentinosaurus* (*are-jen-TEEN-uh-SAWR-us*) with big round feet.



Jump

Jump up high like an *Anchiornis* (*ANG-kee-OR-nis*) taking off into the sky.



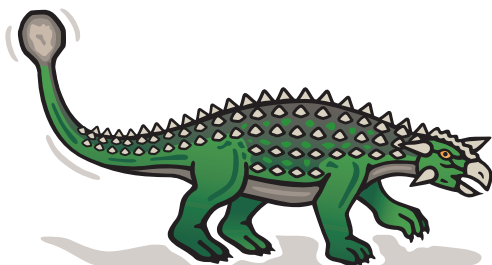
Roar

Roar like a *Tyrannosaurus rex* (*tie-RAN-oh-SAWR-us Rex*) hunting its prey.



Swoosh

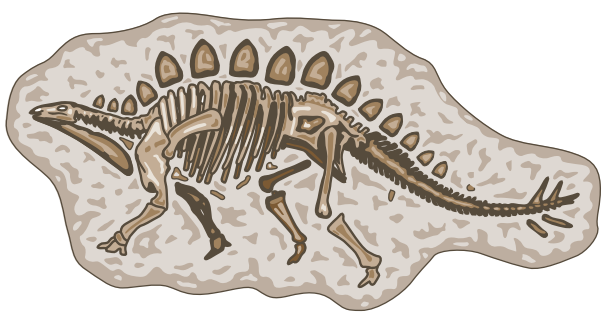
Swoosh your strong tail from side to side like a club-tailed *Ankylosaurus* (*ang-KEE-low-SAWR-us*).



WIND DOWN

Deep breath

Take a deep breath in and freeze like a fossilised dinosaur for five seconds. Release this big breath to come back to life!



Stretch

Stretch up high like a long-necked *Brachiosaurus* (**BRAK-ee-oh-SAWR-us**) to munch some leaves on a tall tree. Now reach down low to drink some water from a stream.



Wiggle

Wiggle your fingers behind your head like a frilled *Styracosaurus* (**stie-RAK-oh-SAWR-us**)



Draw

Imagine you have three horns on your head like a *Triceratops* (**tri-SERRA-tops**) and slowly draw big circles in the air with them.

Gently pat

Gently pat your soft feathers like the *Velociraptor* (**vel-OSS-i-RAP-tor**) has on its arms and head.

