Dinosaur Train inspires basic scientific thinking skills as you and your child learn about life science, natural history and paleontology. Your child, along with Buddy, an adorable preschool age Tyrannosaurus Rex, his family and friends, will also explore and learn about life skills, literacy, math and the arts.

### Activity: Monday, November 1 - Social and Emotional Learning

**Buddy's calm space**

Buddy, Tiny, and friends find a calm space to help them when they are experiencing big feelings. Encourage your child to find their own calm space. This place can be real or imaginary. Ask your child to close their eyes and identify a place they feel happy and relaxed. See if they can show their calm space and/or share details about the sights, sounds and scents with you. As they share, cue your child to take deep breaths. Share with your child your calm space too. Then the next time your child is experiencing a big feeling, remind them of their calm space.

PA Standard: 16.1.PK.A – Distinguish between emotions and identify socially accepted ways to express them. 16.1.PK.C - Recognize that everyone makes mistakes and that using positive coping skills can result in learning from the experience.

### Activity: Tuesday, November 2 - Math Thinking

**Dinosaur bone math**

With homemade dinosaur bones, your child can have fun exploring the length of objects. On paper, draw 3 different lengths of bones (short, medium, long). Cut them out and then trace them on another piece of paper. Put the bone cut-outs in a pile and place the paper with the traced bones in front of your child. Point to one of the traced bones and ask them to find the bone in the pile that matches that bone. After matching all the bones, ask your child: “Which dinosaur bone is the shortest? Longest? Is this bone shorter or longer than this one?”

PA Standard: 2.4.PK.A.1 – Describe and compare measurable attributes of length and weights of everyday objects. 3.2.PK.A.1 – Sort and describe objects according to size, shape, color, and texture.

### Activity: Wednesday, November 3 - Early Literacy

**D is for Dinosaur**

Explore the letter D by creating your own mini-Dinosaur Train rack. Draw a block letter D on a piece of paper and inside the letter draw horizontal lines for the tracks. Write the letter D in between the track lines, alternating between upper case D and lower case d. Talk about the letter D and the sound “D” makes. Ask: “Dinosaur starts with “D” sound. Can you help me think of other words that start with the “D” sound?” With a small toy or vehicle, let your child follow the track of D’s and as they go along, encourage them to say the “D” sound and/or words that start with D.

PA Standard: 1.1.PK.D – Develop beginning phonics and word skills. 1.1.PK.C – Demonstrate understanding of spoken words, syllables, and sounds (phonemes).

### Activity: Thursday, November 4 - Science Thinking

**Dinosaur tracker fun**

Talk about how paleontologists examine tracks of fossilized animal tracks to learn about their size, how they moved and where they lived. Together, pretend to be paleontologists or “animal trackers” and look for animal tracks. You can create homemade dinosaur or animal tracks by drawing on paper and placing around your home for your child to find. Or, outside look for animal tracks in the dirt, mud, sand or snow. Ask: “Were they made by a big animal or a small animal? A mammal or a bird?”

PA Standard: 3.1.PK.A.1 – Recognize the difference between living and non-living things. 3.1.PK.A.3 – Recognize that plants and animals grow and change. 3.1.PK.A.5 – Name the basic parts of living things.

### Activity: Friday, November 5 - The Arts

**Design your own dinosaur**

Using play dough or paper and crayons, create your own dinosaurs. Ask your child: “Will you make a meat-eater (carnivore) or a plant-eater (herbivore)? How big will it be? What color? Will it live in a desert, in the arctic, in a jungle or near an ocean? What kind of teeth will it have? Will it have a spikes on its back or tail?”

PA Standard: Al.3.PK.C - Use materials and objects to represent new concepts. 9.1.V.PK.B – Combine a variety of materials to create a work of art. 9.1.V.PK.E – Use imagination and creativity to express self through visual arts.

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