

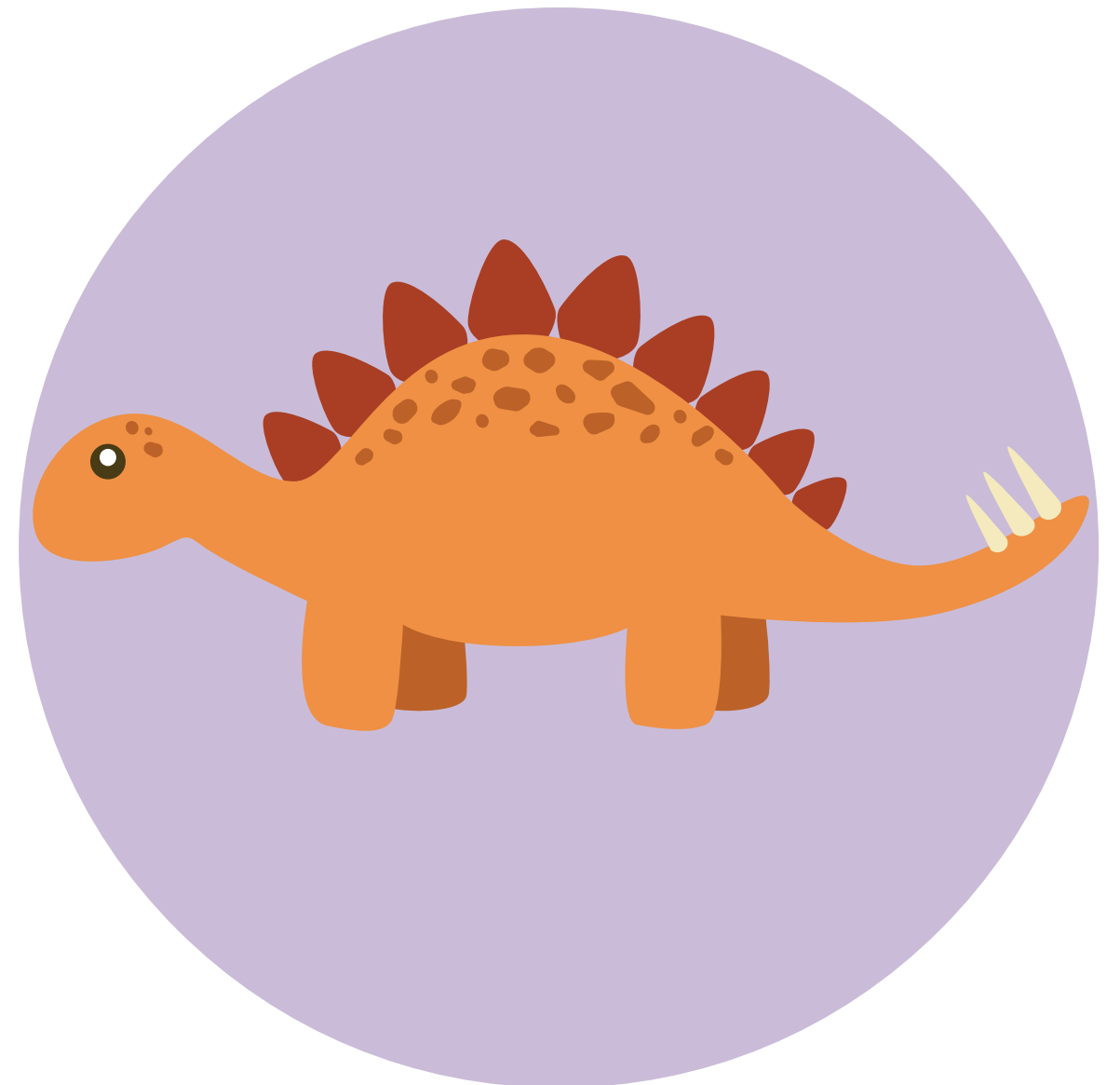
# DINOSAUR WORKOUT

Act like your favourite dinosaur while getting active in the classroom!



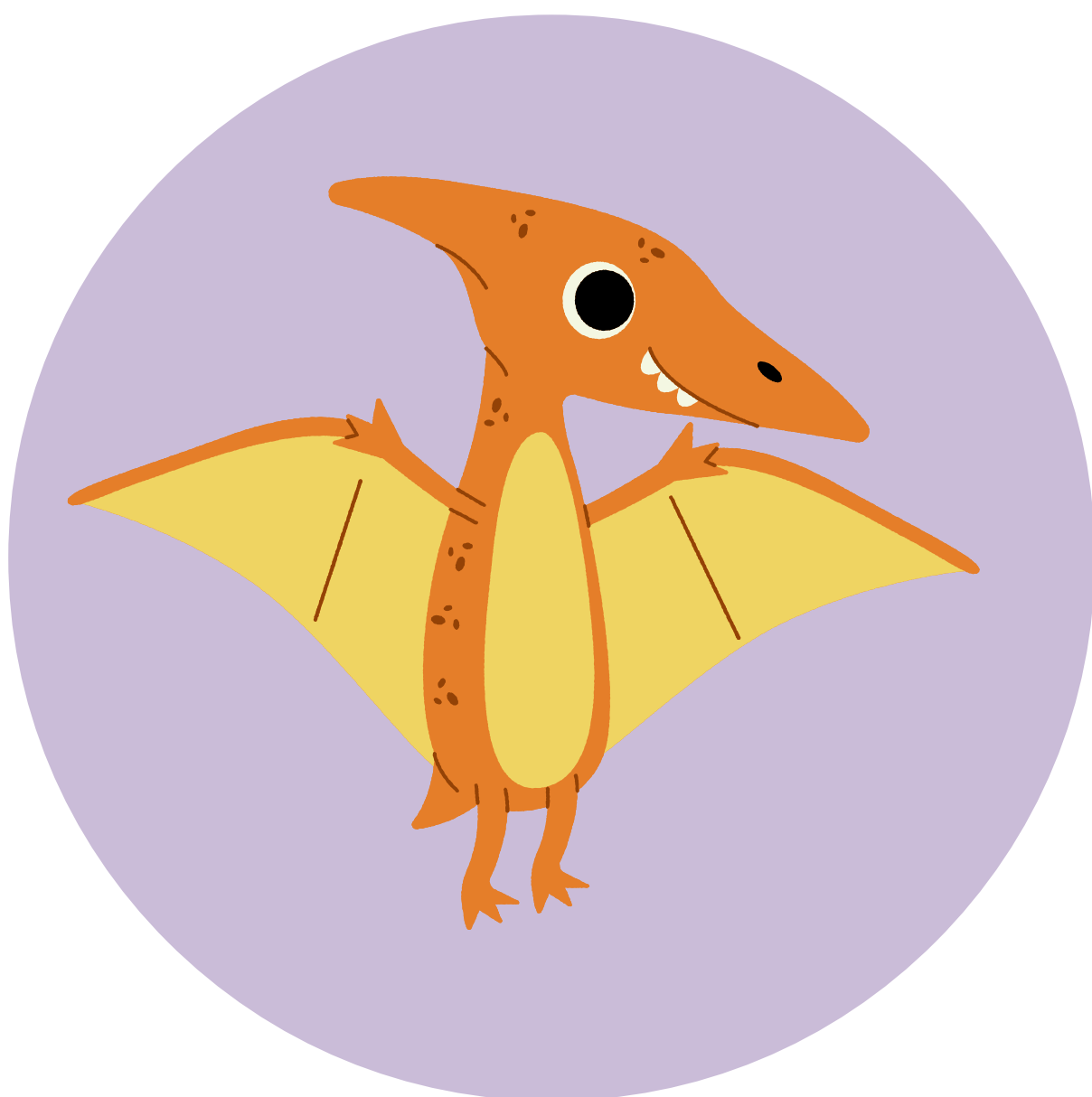
## T-Rex Run

Run on the spot for 60 seconds



## Stegosaurus March

On all fours, walk around in a circle 5 times



## Pterodactyl Flight

Spread your arms out wide, flap them, and walk around the classroom for 30 seconds



## Spinosaurus Stretch

Draw your belly to your spine and make an arch with your back 10 times