

# Parent Guide: Dinosaurs - Extinction

## Exploding Lava, Cupcake Liner Dinos, Dinosaur Fitness

# 1

### Exploding Lava

Watch out...it's gonna blow! This lava isn't hot though...and won't harm any pre-historic creatures (or kiddos).

#### Supplies Needed:

- clear water bottle
- cooking oil
- water
- food coloring
- antacid tablets
- large plastic tub or towel (for overflow)

Join us on our Facebook page for instructions!

# 2

### Cupcake Liner Dinos

A cute little craft that keeps littles busy now and later. Have fun creating your dinos, then name them and put on a pre-historic play!

#### Supplies Needed:

- craft paper in different colors
- cupcake liners in plain colors (or you could color/paint white ones)
- googly eyes
- scissors
- glue
- pencil
- markers

Join us on our Facebook page for instructions!

# 3

### Dinosaur Fitness (source: Ultimate Kids via YouTube)

A great dino workout! Visit the link on our website for a guided fitness session centered all around dinosaurs!