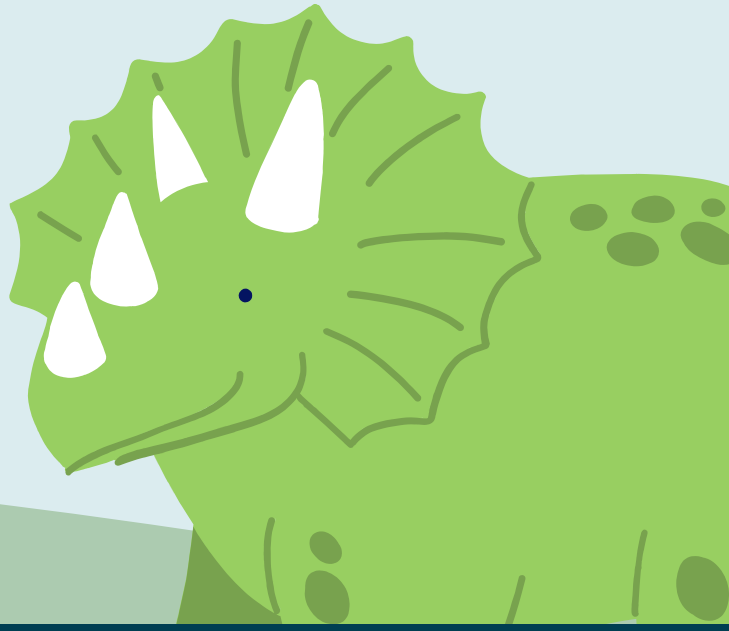
Stomp & Roar!

DinoDay

19 June

Fun activities for your family



contact For families with disabled children

What's inside...

Dino colouring-in sheets (page 3)

Over 50 pages of dino-themed colouring-in sheets for your child to personalise!



DIY Triceratops mask (page 4)

Make your own Triceratops mask using paper plates, some stationery and your loudest ROAR!

Word search puzzles & spelling bee (page 6)

Put your child's dino knowledge to the test with 3 fun word search puzzles and a dinosaur spelling bee challenge.



Dino recipe cards (page 10)

Four recipes to sweeten up your day! Treat yourself to chocolate dinosaur nests, colourful dino biscuits, crunchy meringue bones, and a batch of yummy dinosaur cupcakes.

Story time: 'Some dinosaurs stomp' (page 14)

Some dinosaurs stomp, some roar, some chomp and some soar! Teach your child about inclusion and celebrate what makes us unique with our special storybook.

Dino-mite jokes (page 15)

Dino jokes that will have your child roaring with laughter. Saur-ee for the pun!

Dino colouring-in sheets

Print off these DinoDay colouring-in sheets so your child can have fun getting artsy with over 50 pages of dino drawings!

You can also find them at: **contact.org.uk/dino-colouring**



DIY Triceratops mask

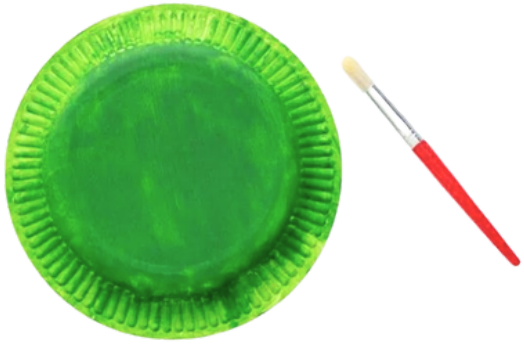
This blast from the past has come straight from the Mesozoic Era to wreak havoc in your home! To make your own Triceratops mask, you will need:

1. Paper plate
2. Green paint
3. Paintbrush
4. Brown and yellow/white card
5. Black felt tip pen
6. Scissors
7. Glue
8. Paper straw
9. Tape
10. Your loudest ROAR!



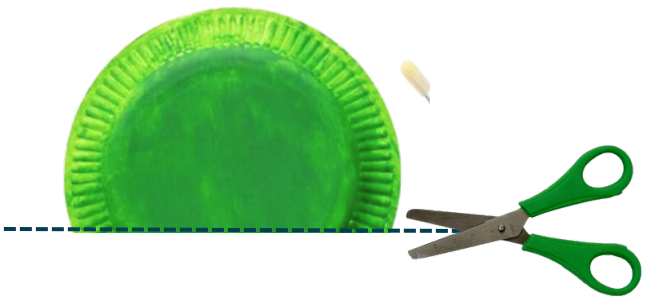
Step 1

Paint the paper plate with green paint and allow to dry



Step 2

Cut off the bottom third



Step 3

Cut the edge of the mask into a scallop shape and cut out two round eyeholes



Step 4

Cut out a triangle from the brown card, round off the corners and draw on two nostrils in black felt tip



Step 5

Cut out three yellow triangles – one for the nose horn, and two for the horns on the top of the head

Step 6

Glue the nose onto the bottom of the mask. Glue one triangle on top of the nose, between the eye holes. Then glue the remaining triangles to the top of the mask (glue to the back of the mask)



Step 7

Attach the paper straw handle onto the reverse using some tape, and that's it – you're ready to play dress-up dinosaurs! Now it's time to stomp and ROAR!

Word search puzzles

Travel back to the Jurassic Period to find as many hidden dino-related words as you can before a massive asteroid hits Earth!

Puzzle 1: EASY

d	x	d	e	n	a	t	w	h
l	g	i	a	n	t	a	o	o
f	k	n	o	c	l	i	g	r
h	f	o	s	s	i	l	s	n
u	n	s	e	g	f	s	m	s
g	q	a	r	t	r	e	x	q
e	d	u	s	c	a	l	y	l
m	w	r	t	i	p	r	e	y
i	e	x	t	i	n	c	t	q

Dinosaur
T-Rex
Prey

Huge
Extinct
Fossils
Tails

Horns
Scaly
Giant

Puzzle 2: MEDIUM

h	g	r	t	a	i	l	s	v	k	j	d
a	a	n	c	i	e	n	t	t	b	a	t
w	u	c	o	l	o	s	s	a	l	w	i
t	r	i	c	e	r	a	t	o	p	s	r
z	e	x	t	i	n	c	t	f	r	c	z
m	s	t	e	g	o	s	a	u	r	u	s
d	i	p	l	o	d	o	c	u	s	q	x
z	v	n	l	f	x	f	o	s	s	i	l
l	v	f	u	p	r	e	d	a	t	o	r
e	i	d	i	n	o	s	a	u	r	s	z
h	o	r	n	s	s	v	j	x	x	o	w
f	i	w	v	e	m	x	q	p	w	s	w

Dinosaurs
Colossal
Tails
Jaws

Horns
Stegosaurus
Diplodocus
Triceratops

Predator
Ancient
Extinct
Fossil

Puzzle 3: HARD

m	q	e	x	t	i	n	c	t	z	j	t
s	t	e	g	o	s	a	u	r	u	s	d
t	r	i	c	e	r	a	t	o	p	s	a
s	j	s	f	o	s	s	i	l	s	c	z
k	c	d	i	p	l	o	d	o	c	u	s
b	r	o	n	t	o	s	a	u	r	u	s
m	a	k	g	i	g	a	n	t	i	c	s
t	u	m	p	r	e	d	a	t	o	r	i
r	b	j	a	n	c	i	e	n	t	w	i
e	q	j	c	k	p	f	g	x	n	r	w
x	f	b	l	c	o	l	o	s	s	a	l
h	d	i	n	o	s	a	u	r	s	g	p

Dinosaurs	Triceratops	Fossils
Stegosaurus	Predator	Colossal
Diplodocus	Ancient	Gigantic
Brontosaurus	Extinct	T-Rex

Dinosaur spelling bee

What do you call a dinosaur with an extensive vocabulary? A Thesaurus! Put your vocab skills to the test with our ultimate dinosaur spelling bee – bonus points if you also know what each word means!

TOUGH	HARD	IMPOSSIBLE!!
Dinosaur	Diplodocus	Ichthyosaurus
Stomp	Triceratops	Notoceratops
Roar	Troodon	Euoplocephalus
Bones	Oviraptor	Pachycephalosaurus
Fossil	Tyrannosaurus	Parasaurolophus
Sharp	Gallimimus	Lesothosaurus
Rocks	Velociraptor	Styracosaurus
Teeth	Gigantosaurus	Deinonychus
Volcano	Iguanodon	Psittacosaurus
Claw	Pterodactyl	Baryonyx
Egg	Zigongosaurus	Brachiosaurus
Nest	Albertosaurus	Saurophaganax
Footprint	Allosaurus	Carnotaurus
Extinct	Ankylosaurus	Seismosaurus
Jurassic	Protoceratops	Coelophysis
Herbivore	Megalosaurus	Wannanosaurus
Carnivore	Stegosaurus	Yangchuanosaurus

Dino recipe cards

Treat yourself to one of these ROAR-some desserts, or whip up a batch and organise a charity fundraising bake sale!

chocolate dinosaur nests



Ingredients

- 200g dark chocolate
- 50g butter
- 2 tbsp golden syrup
- 100g cornflakes or shredded wheat (crushed)
- 24 mini eggs

DINO TIP:

Don't let the bottom of the bowl you use to melt the chocolate touch the simmering water!



Directions

1. Melt the chocolate, butter & golden syrup together in a bowl over a gently simmering pan of water
2. Stir until smooth and remove the bowl from the heat
3. Stir in the cornflakes & mix until well coated
4. Spoon into the muffin cases & make a well in the centre
5. Add 3 mini eggs to each nest & place in the fridge to harden

dinosaur biscuits



Directions

1. Preheat oven to 180°C/gas mark 4
2. Cream the butter & sugar together until pale & beat in the eggs & vanilla
3. In another bowl, combine the flour, baking powder & salt. Add the dry ingredients to the butter & eggs & mix gently but surely. Add a little more flour if the mixture is too sticky
4. Halve the dough, form into fat discs, wrap each half in cling film & rest in the fridge for at least 1 hour
5. Sprinkle a surface with flour, place a disc of dough on it & sprinkle a little more flour & roll out
6. Use your dinosaur biscuit cutters & place the biscuits a little apart on two lined baking trays
7. Bake for 8–12 minutes, by which time they will be lightly golden around the edges. Cool on a rack and continue with the rest of the dough
8. When fully cooled, the biscuits can be iced and decorated. Put a couple of tablespoons of hot water into a large bowl, add the sieved icing sugar & mix together, adding more water as needed to form a thick paste. Colour as desired & have fun decorating your dinosaurs!

Ingredients

- 175g soft unsalted butter
- 200g caster sugar
- 2 large eggs
- 1 tsp vanilla extract
- 400g plain flour
- 1 tsp baking powder
- 1 tsp salt
- 300g icing sugar (sieved)
- food colouring
- Dinosaur-shaped food cutters (available online)

dinosaur meringue bones



Ingredients

- 6 egg whites
- 250g caster sugar
- Piping bag

DINO TIP:

Don't have a piping bag for your dino bones? You can make your own with baking paper!

Directions

1. Preheat oven to 200 degrees. Put egg whites & sugar in the heatproof bowl and set over a pan of simmering water
2. Whisk constantly until sugar is dissolved & mixture feels warm to the touch (about 5 minutes)
3. Remove the bowl from the heat & beat on high speed until very stiff peaks form (about 8 minutes)
4. Transfer meringue to a pastry bag fitted with a 1/2-inch plain round tip & pipe bone shapes onto two lined baking sheets
5. Bake until crisp throughout (about 1 hour)
6. Let them cool on a wire rack



dinosaur cupcakes



Directions

1. Preheat oven to 180C/gas 4 and line 12-hole muffin tin with paper cases
2. Cream the butter & sugar together in a bowl until pale. Beat in the eggs a little at a time & add vanilla extract
3. Fold in the flour using a metal spoon, adding a little milk until the mixture is of a dropping consistency. Spoon the mixture into the paper cases until they are half full
4. Bake in the oven for 10-15 minutes until golden-brown on top & a skewer comes out clean. Set aside to cool for 10 minutes and cool on a wire rack
5. For the buttercream icing, beat butter in a large bowl until soft. Add half the icing sugar & beat until smooth
6. Add the remaining icing sugar with one tablespoon of milk, add more in necessary, until the mixture is smooth and creamy
7. Add the food colouring & mix well
8. Decorate the cupcakes with the buttercream & dino-themed toppers

Ingredients

For the cupcakes:

- 110g butter
- 110g caster sugar
- 2 eggs, lightly beaten
- 1 tsp vanilla extract
- 110g self-raising flour
- 1-2 tbsp milk

For the buttercream icing:

- 140g butter, softened
- 280g icing sugar
- 1-2 tbsp milk
- few drops of food colouring

For the toppers:

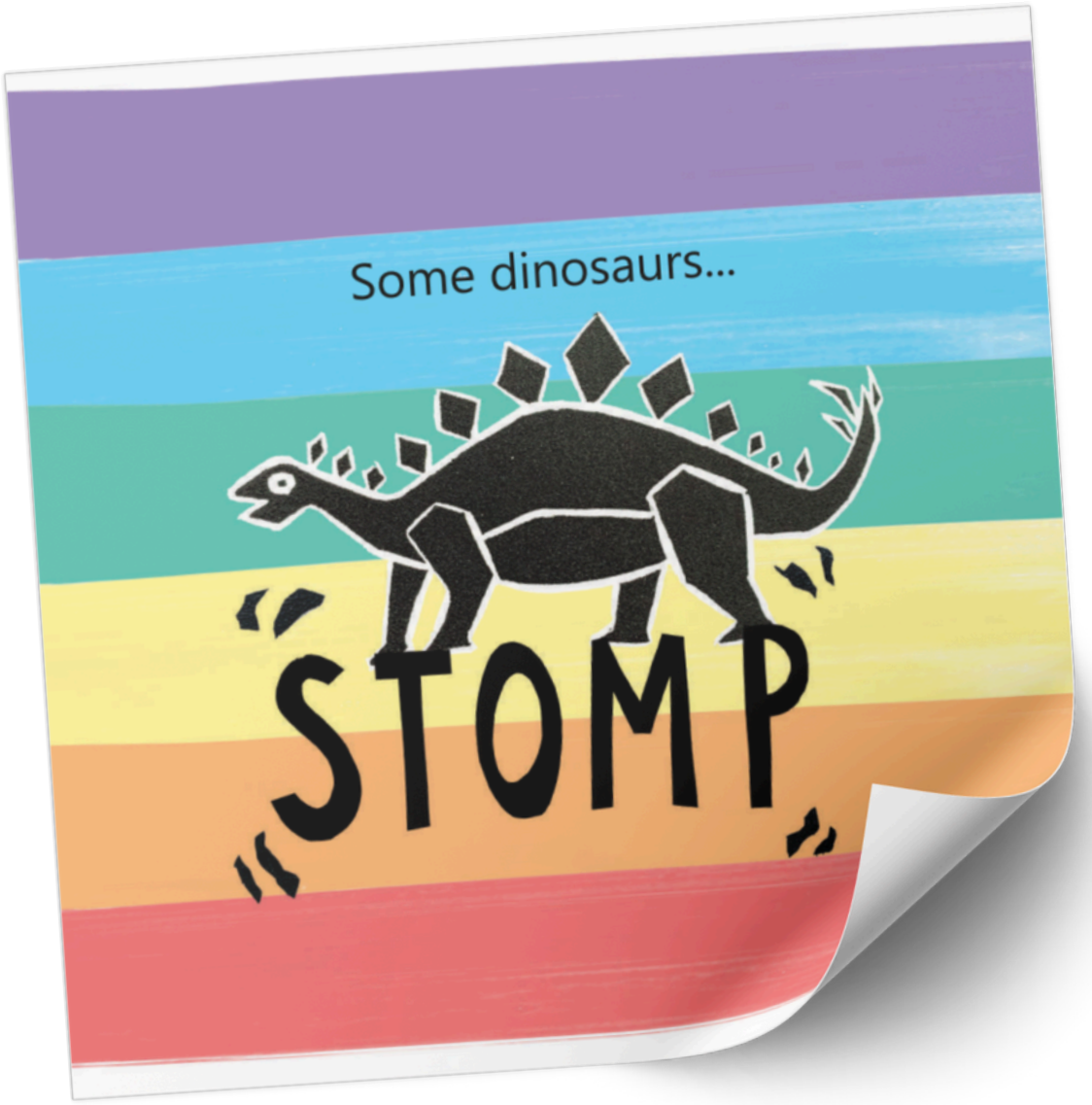
Use ready-to-roll marzipan, buy edible dino-themed toppers online or make them out of cardboard

Storytime: 'Some dinosaurs stomp'

Some dinosaurs stomp, some roar. Some chomp, and some soar...

Teach your child to celebrate what makes us all different and unique with our special dino-themed storybook about inclusion!

You can also read it at: **contact.org.uk/some-dinosaurs-stomp**

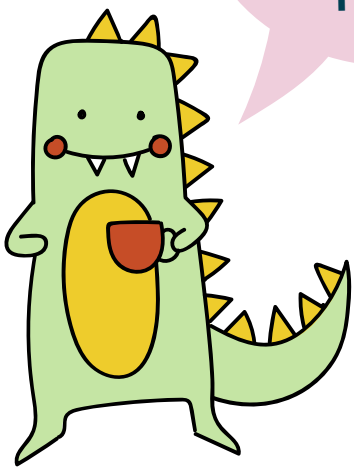


Dino-mite jokes

These dino jokes will have your child roaring with laughter!

How do you ask a dinosaur to lunch?

Tea, Rex?





Why can't you hear a Pterodactyl using the bathroom?

Because the 'P' is silent!

What do you get if you cross a dinosaur with a pig?

Jurassic Pork!

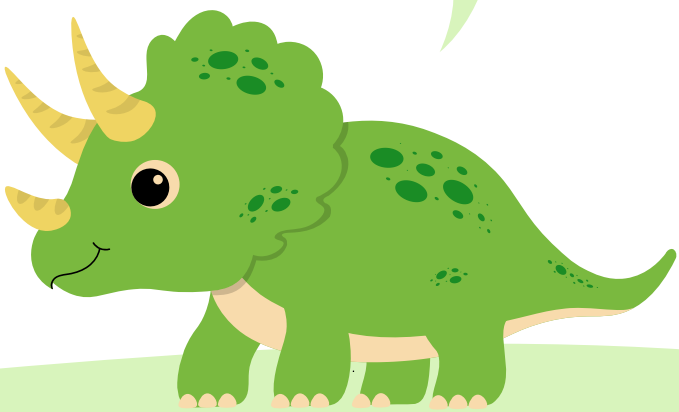
Why did the dinosaur cross the road?

Because the chicken hadn't evolved yet!



What do you call a dinosaur who never gives up?

A Try-ceratops!





Thank you for taking part in DinoDay!



Your support will help us reach even more families in the UK who turn to us for information, support and advice about raising a child with additional needs.

Get in touch

If you have any questions about DinoDay, please email fundraising@contact.org.uk or visit our DinoDay webpage.

How to donate

If you've raised any money for DinoDay, please donate it to us via our donation page and select DinoDay as your reason for donating. Thank you for your support!

Photos

We would love to share photos of your child taking part in one of our ROAR-some DinoDay activities on our website and social media! Please send any to fundraising@contact.org.uk or tag us on social media.

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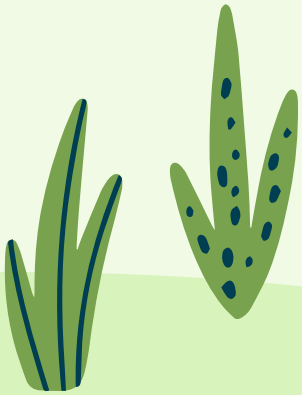
fledglings

Please do get in touch if you have any questions about DinoDay via fundraising@contact.org.uk

If you've raised any money for Contact, then you can donate it to us via our donation page. Thank you!

We have a wide range of information, advice and support for parent carers and practitioners on our website: www.contact.org.uk

Freephone helpline for parent carers: 0808 808 3555
(9.30am-5pm, Monday-Friday)



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