



Stomp & Roar!

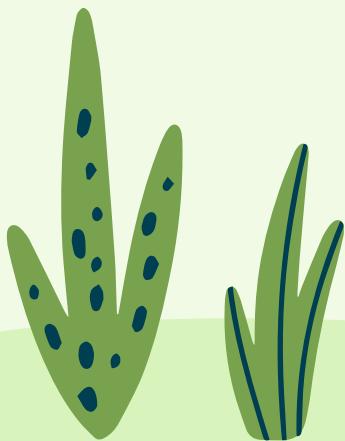
DinoDay

on 19 June

Inside this pack you'll find fun activities and a suggested lesson plan to help your class learn about disability

Thank you for being part of DinoDay – Contact's annual awareness and fundraising event which takes place each June

We've also included resources to help you support children with additional needs and their families



#DinoDay2023

contact For families with disabled children

Hosting DinoDay in your school

This year we're inviting schools to get involved by having fun in class while raising awareness of disability and helping us continue supporting UK families with disabled children.



Wear green for the day

In the week commencing 19 June, ask your children to wear green or their favourite dinosaur outfit to school for a suggested donation of £1 per child.

They could also walk a mile in the school grounds wearing the masks from our dinosaur mask activity!

Run a DinoDay themed lesson

We've created a number of activities themed around dinosaurs and disability for you to run in your class. You can use our suggested DinoDay lesson plans for Early Years through to KS2, which incorporates the activities below.

A dinotastic [colouring in sheet](#)

Instructions on [how to create a dinosaur mask](#)

A [dino-themed story](#) to share with children about differences and disability

A video-based [activity on sensory processing differences](#)

Visit [contact.org.uk/dinoday-school](https://www.contact.org.uk/dinoday-school) to download all the lesson plans and activities

Win a £100 sensory box for your school

Any school that raises money can enter our competition to win a [box of sensory toys](#) worth £100 from [Fledglings](#).

To enter our roar-some competition, simply send a video of the class roaring to fundraising@contact.org.uk.

The winning school will be picked at random from the entries on the 3rd July. The closing date for entries is 30 June.

Tip: If you don't have time to get permission from parents to share a video, you could get the children to wear their dinosaur masks or hold up their DinoDay colouring in sheet in front of them. Alternatively, you could take an audio recording.



How to make your donation

If you've hosted a DinoDay non-school uniform day in your school and you'd like to donate the money to us, please go to [our donation page](#) and select DinoDay in the reason for donating.

Get in touch

If you have any questions about hosting DinoDay in your school, contact fundraising@contact.org.uk.

This is the first year we've provided DinoDay resources to schools, so we would be very grateful for any feedback you might have on how we can improve them. Are there any other resources or incentives we could offer to get more schools involved?

Let us know by emailing fundraising@contact.org.uk.

About Contact

Contact is the UK charity for families with disabled children – whatever their disability or medical condition. We support families, bring families together and help families take action for others. We do this through a national helpline and online advice service, workshops, family events and dedicated support for families whose children are in hospital.

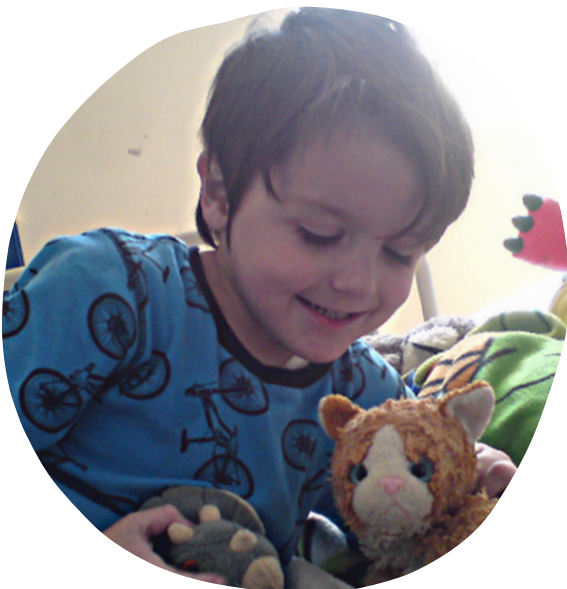
We also support practitioners working with parent carers who care for children and young people with additional needs.

Watch this short video to find out more about what we do.

What's the story behind DinoDay?

DinoDay was inspired by a little boy called Cameron Mathieson who loved dinosaurs! Cameron had both Cystic Fibrosis and Duchenne's Muscular Dystrophy and spent more than two years in hospital before he sadly passed away aged five in 2012.

At that time, the main benefit for disabled children - Disability Living Allowance (DLA) - was taken away from children like Cameron who spent long periods in hospital. Contact supported the Mathieson family's legal challenge to this unfair rule and in 2015, the Mathieson's made history when they won their landmark case at the Supreme Court.



Because of the Mathieson's determination, hundreds of families of the most disabled and poorly children are no longer denied financial help when they need it most.

And it's why each year around the time of Cameron's birthday on 19 June, we celebrate with DinoDay to remember Cameron and the difference he and his family made for so many of the families we support.

We are all different activity plan

Suggested activity plan to introduce disability and get involved in DinoDay for 3-5 year olds.

1 Introduce DinoDay

DinoDay takes place every year to raise money for families with disabled children. At this point you could reference any previous activities you've done on disability.

2 Read 'Some dinosaurs stomp...' story

Download the [PDF version of the story](#) here.

Alternatively, you can download [a PowerPoint version](#) here.

3 Reflect on the story

Ask questions to help the children to reflect on the story, for example:

Who can remember the names of any dinosaurs in the story?

What was special about them?

Could they all do the same thing?

What could some dinosaurs do things that others couldn't?

What makes you different from your friends?

You could also engage the class in a discussion about disability, for example:

Some children are born with a disability and sometimes it can happen when they are older.

There are lots of different types of disabilities – some can be seen when you look at someone, and some are invisible, for example, if it affects the way someone's brain works.

4 Creative exercise

Print off this [DinoDay activity sheet](#) for the children to colour in and write on.

5 Roar!

Take a photo of the children holding up their posters whilst giving their loudest ROAR!

Remember, the school with the best roar will win a [£100 sensory box](#) from Fledglings.

To enter, send a video of the class roaring to fundraising@contact.org.uk or share on social media using [@contactfamilies](#) #DinoDay2023.

KS1 - KS2 lesson plan

Suggested DinoDay activity plan for 6-11 year olds. The mask-making exercise can be removed to make it more appropriate for older children.

1 Introduce DinoDay

DinoDay takes place every year to raise money for families with disabled children. At this point you could reference any previous activities you've done on disability.

2 Mask-making exercise

Download the dinosaur [mask-making exercise from our website](#).

Please note that you will need to allow time for the paint to dry.

We've included some fun and interesting facts about Triceratops to discuss with the class.

3 Watch 'A Sensory Journey Through Alder Hey'

Watch [A Sensory Journey Through Alder Hey - Alex's Story](#) with the class (2 minutes).

The animation portrays how someone with autism might experience a hospital.

A person with autism may experience a similar sensory overload in other busy places such as a supermarket or the school canteen.

We've included some topics on disability on the next page that you could discuss before they watch the animation, along with some questions to ask the class afterwards.

4 Stomp & Roar!

Get the children to don their masks and go for a stomp around the school grounds.

Take a photo or video of the children wearing their masks whilst giving their loudest ROAR!

Remember, the school with the best roar will win a [£100 sensory box](#) from Fledglings.

To enter, send a video of the class roaring to fundraising@contact.org.uk or share on social media using [@contactfamilies](#) #DinoDay2023.

6 Homework

Ask the children to talk to their parents about what they learned in school.

They could also ask their family if any of their relatives or friends live with a medical condition or disability, and what challenges they may have faced.

Discussion points on disability

Nearly 1 in every 10 children in the UK are diagnosed with a disability.

Some children are born with a disability and sometimes it can happen when they are older.

There are lots of different types of disabilities – some can be seen when you look at someone, and some are invisible, for example, if it affects the way someone's brain works.

A person is not disabled because of their condition. People are disabled by the world around them. If a building doesn't have a ramp for their wheelchair, or if a place is too loud for someone who is sensitive to loud noises.

Reflection on 'A Sensory Journey Through Alder Hey'

If you're playing [A Sensory Journey Through Alder Hey - Alex's Story](#) to the class, you could reflect on the video using these questions:

- Can anyone remember any of the things Alex experienced when he was in the hospital?
- How do you think it would feel to hear, smell, and see all those things at once?
- Can you think of other busy places that someone with autism might find difficult? (supermarket, shopping centre, the school canteen, a busy birthday party)
- Can anyone think something Alex could use or wear to help him cope with the hospital environment? (Alex might wear sunglasses to help with the bright lights, or ear defenders or head phones to block out some of the sounds)
- Ask the class to take a moment to think about all the things they can currently see, hear, feel and smell. For example, how does the texture of the chair they're sitting on feel and affect the whole body. What can they hear inside and outside the classroom (try opening the windows for this exercise)

Useful information for schools

Workshops for practitioners

Contact runs regular [workshops for practitioners](#) to help improve confidence and skills supporting families and children with additional needs. [Find out more](#) and take a look at the range of workshops we offer.

Inclusive story books to share in class

Our friends at Scope have compiled a list of [books about disability](#).

They've also published a series of stories about disability that are free to download including [My Brother is an Astronaut](#), [Hayley's Friends](#), [Jacob's Traffic Jam](#) and [Celine's New Splints](#).

Useful information to share with parent carers

[Contact](#) is here to support parents who care for a child with additional needs – whatever their disability or medical condition. Please signpost the families with children you work with to us to find information, advice and support about any aspect of raising a child with additional needs.

- Contact's [information and advice](#) service for parent carers
- Our [free helpline service](#)
- Our [Listening Ear service](#) for parent carers looking for emotional support
- Our free parent [workshops and family events](#)
- Parents can download a [copy of our Helpful Guide](#) packed with all the information and help they need to enjoy family life

For more information about Contact visit www.contact.org.uk

Encouraging positive behaviour in young children

You may have a child with additional needs in your class. Disabled children may present as having challenging behaviour for a variety of reasons.

In early years settings, it is very important to understand the difference between challenging behaviour caused by a disability and behaviour that is consistent with a child starting to understand the world around them. Equally important is learning how to manage this behaviour effectively and understanding what support is available as that child enters the education system.

Take a look at our workshops for practitioners about [encouraging positive behaviour](#) in young children.

We also have information on our website on [behaviour that challenges](#).

Download our parent guide about [understanding children's behaviour](#).

Other resources to help

Find out more about different conditions in our [A-Z medical conditions](#) webpage.

Browse the pages on our website for [our tips, advice and resources](#) on areas in which you can support families.

Sensory toys and accessories

If you have a child in your school that requires some extra support or has a disability but you're not sure where to start, take a look at [Contact's online Fledglings shop](#) full of sensory toys and equipment to help.

Get in touch with the Fledglings team for advice on products to suit your needs via fledglings@contact.org.uk.

Fledglings also have funding to help schools that are struggling to afford specialist equipment. Get in touch to find out if you can apply.

The social model of disability

Disabled people developed the [social model of disability](#) to encourage an inclusive society. The social model evolved in opposition to the medical model of disability, which sees physical or learning impairment as the cause of disability.

The social model of disability says that people are disabled by barriers in society, not by their disability or difference. Barriers can be physical, like buildings not having accessible toilets. Or they can be caused by people's attitudes to difference, like assuming disabled people can't do certain things.

This model helps us recognise barriers that make life harder for disabled people. Removing these barriers creates equality and offers disabled people more independence, choice and control.

Teaching the social model of disability to children

The [story of Winnie The Witch](#) is a great way for children to learn about the social model of disability.

Thank you for taking part in DinoDay!

Your support will help us reach even more UK families that turn to us for information, support and advice about raising a disabled child.

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.

Remember, any school that raises money can enter our competition to win a box of [sensory toys worth £100 from Fledglings](#). The winning school will be the one with the best ROAR!

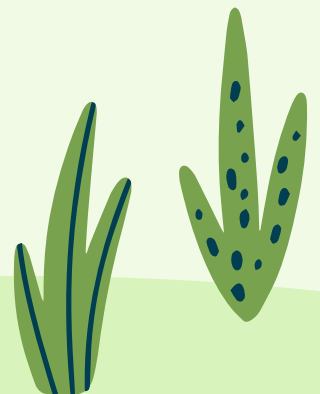
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**Please do get in touch if you have any questions about DinoDay
via fundraising@contact.org.uk**

**If you've raised any money then then you can donate it to us
via [our donation page](#).**

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

**Freephone helpline for parent carers: 08088083555
(9.30am-5pm, Monday-Friday)**



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