

DINOS DON'T DO YOGA

Story Time Kit

Five dino-tastic activities
to explore the themes
in the book



Dear friends,

Can you picture a T. rex in yoga pants? Doing tree pose? No?

That is okay. You are not alone. Many people—even smart, scientist people—assume that dinos do not do yoga. They are wrong.

My latest picture book, *Dinos Don't Do Yoga*, conclusively proves that with patience, practice, and an open mind, anyone (even a grumpy little T. rex with short arms) can master a new skill.

But it is not easy.

Even I, a mild-mannered author, can get grouchy when trying new things. Specifically, riding a bike or anything related to math. This leads to a lot of stomping around and roaring. Same with my kids. And their friends. This sense of frustration inspired me to research and write *Dinos Don't Do Yoga*, which—again, to be clear—proves that dinos definitely do yoga. It also shows young readers that:

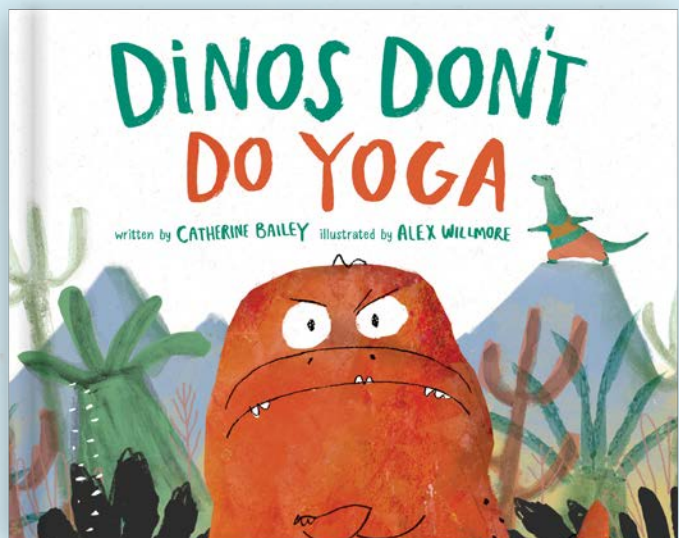
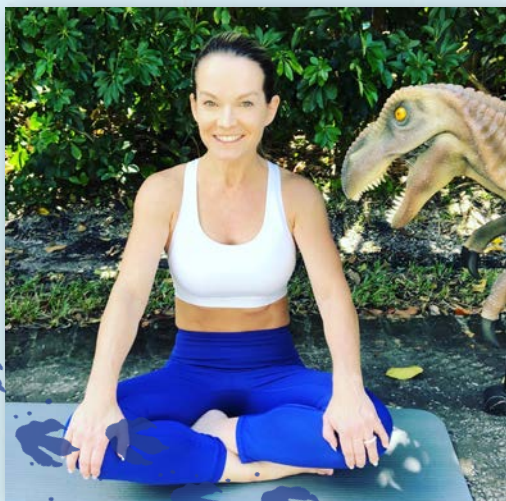
1. Persistence is powerful.
2. Kindness is important.
3. You should be careful around tar pits.

In the story, a Yogasaur named Sam moves into Rex's territory. Rex responds rudely. Cretaceous chaos ensues. Eventually the real reason for Rex's bullying behavior is revealed through fun, read-aloud rhyme.

And if you still don't believe that dinos do yoga, just examine Alex Willmore's historically accurate illustrations. His hilarious artwork precisely captures the moves, grooves, and attitudes of dinos doing yoga.

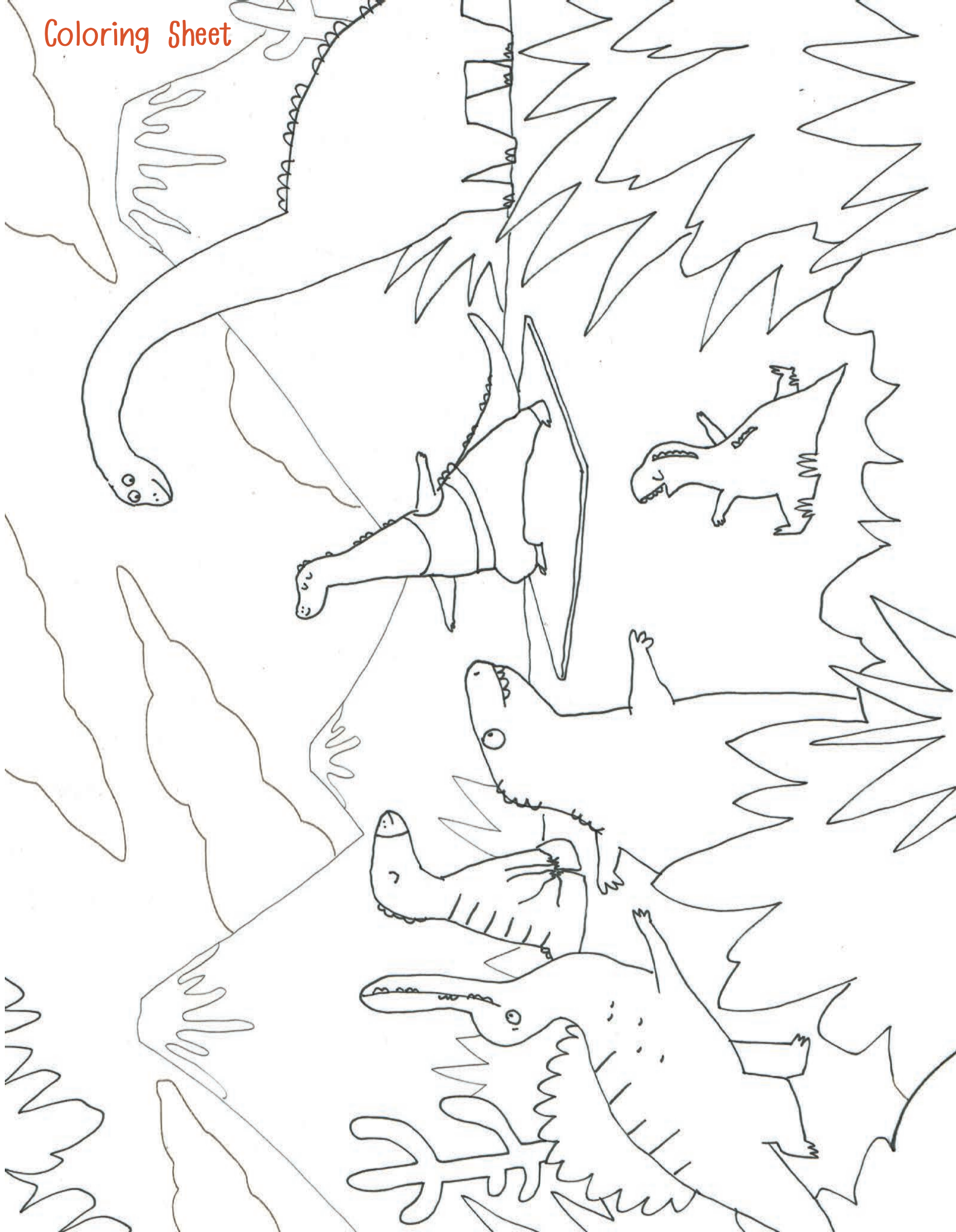
I invite you to watch me read aloud *Dinos Don't Do Yoga* on my VIDEOS page at catherinebaileybooks.com. And if you have any further questions, such as what else dinos can do (you'd be surprised), please reach out to me at info@catherinebaileybooks.com.

Prehistorically yours,
Catherine Bailey



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Coloring Sheet



Same or Different ?

There are many kinds of dinosaurs in *Dinos Don't Do Yoga* (for example, Tyrannosaurus, Spinosaurus, and Allosaurus). Some share similar features, while some have features unique to them. Some are excited to try yoga, while others are nervous. Rex, one of the main characters, simply thinks dinosaurs don't do yoga (which makes him a little frustrated watching the other dinos do yoga)!

As human beings, we may seem more alike than the dinosaurs. Yet while we have a lot in common, we also have many things that make us different—not only physical features like the color of our hair or eyes, but personality features like our preferences and habits.

With a friend or family member, take turns asking each other these questions to see how you're similar and how you're different. After you finish, you can make up questions of your own.

1. Do you write with your right hand or left hand?
2. Do you have long hair or short hair?
3. Do you sleep with your socks on or off?
4. Do you drink hot chocolate plain or with marshmallows?
5. Do you like to eat popcorn at a movie theater or do you prefer candy?
6. Do you live in a house or an apartment or condo?
7. Do you wear shoes with Velcro or with laces that you tie?
8. Which season do you like best: Winter or summer? How about fall or spring?
9. Would you rather go swimming or ride a bike?
10. Do you get excited to try something new or do you feel nervous the first time you do?



Draw Your Own Dinosaur

If you were a dinosaur, what would you look like? Would you have a long neck or short neck? Little arms or long arms? A short tail or long tail? Wings or no wings? Draw your dinosaur below.

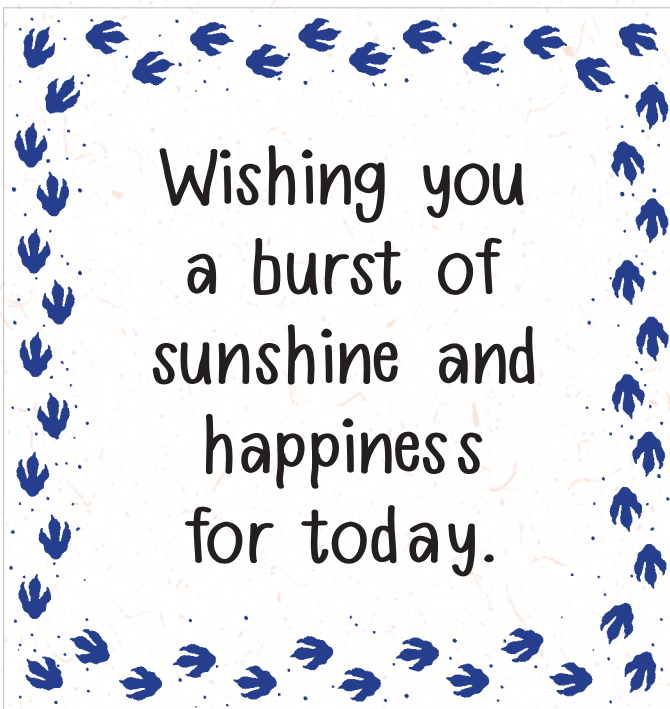
Add something that makes it uniquely you. For example, do you wear glasses? Do you have a favorite hat? Is there something that represents your favorite sport or activity? Then, add a new feature—like something you’ve been afraid to try or even something you don’t think you like. For example, you could add a yoga mat, a type of food, or a style of clothing. Be open to trying something a little different!



Would you like to share your picture with Catherine Bailey, the author of *Dinos Don't Do Yoga*? With the help of a parent, you can take a photo and email it to her at info@catherinebaileybooks.com. She'd love to see it!

Kindness Cut-Out Cards


Kindness is an important theme in *Dinos Don't Do Yoga*. Although Rex is not kind, Sam makes room in his heart to teach him yoga. He even creates a new pose for him. To brighten someone's day, cut out and share these cards. In the blank ones on the next page, you can write your own message.



Wishing you
a burst of
sunshine and
happiness
for today.



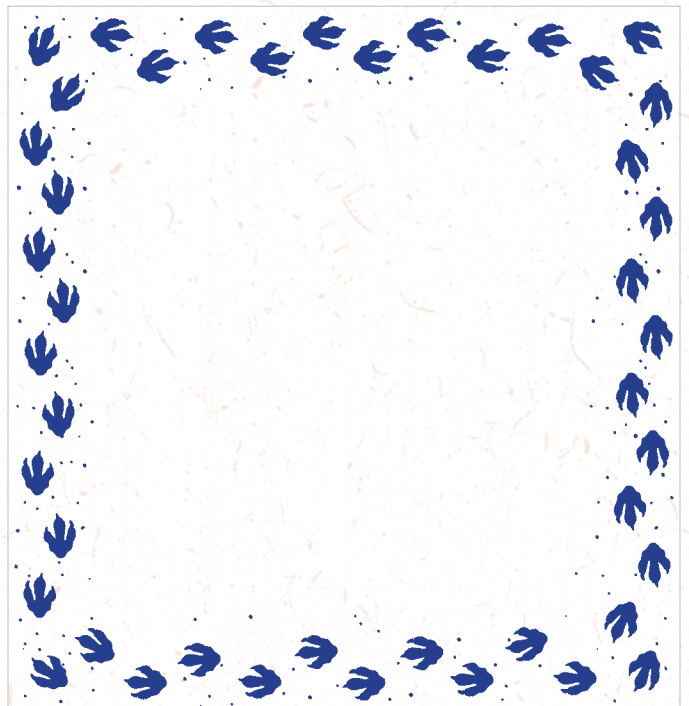
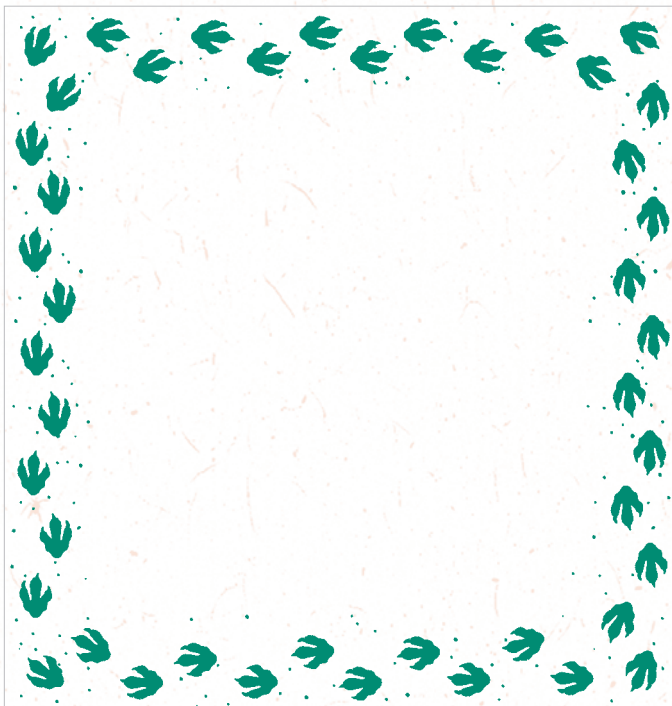
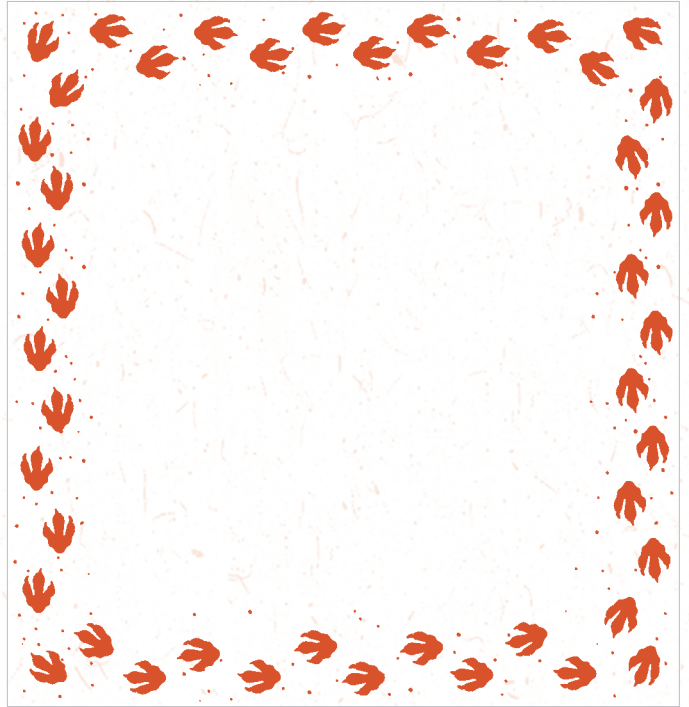
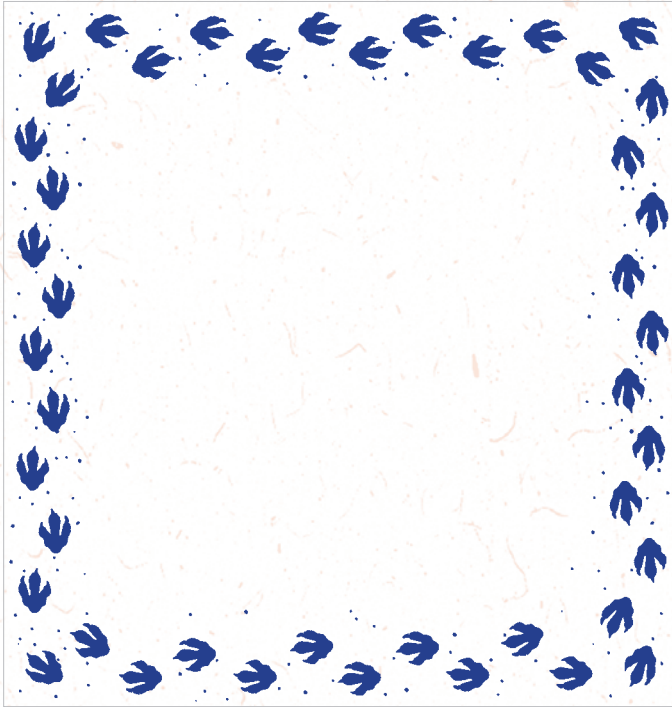
I
miss
you!



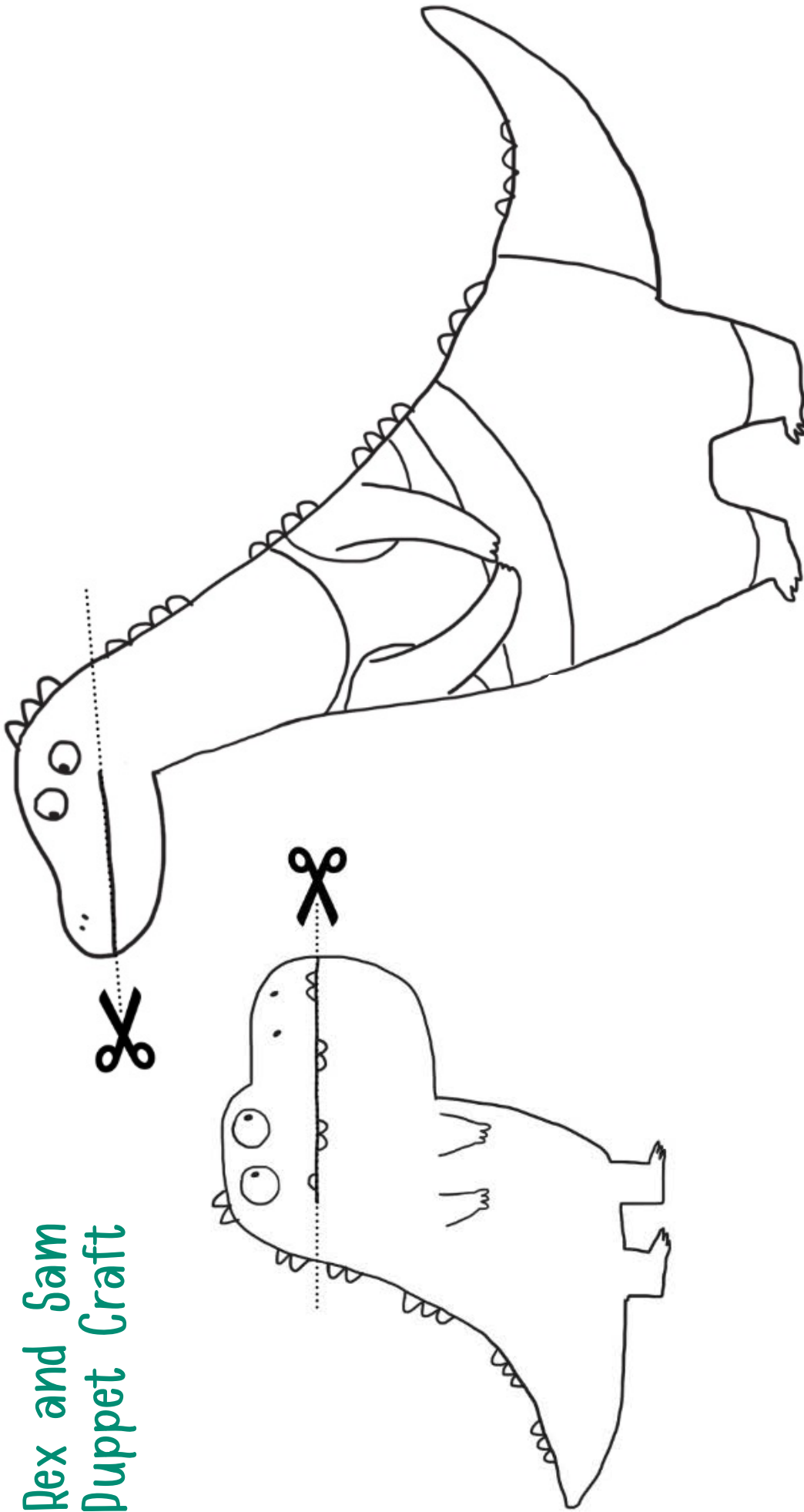
You rock!
Thank you
for
being you.



Be kind
to yourself.
You
deserve
it.



Rex and Sam Puppet Craft



Bring Sam and Rex (the main characters in *Dinos Don't Do Yoga*) to life with this fun craft. To help you get started, watch a video <https://youtu.be/6om7Z9U-zil> of the author making her puppets.

Supplies

Clothespins, paper, scissors, glue, and coloring utensils (crayons, markers, or colored pencils)

★Tip: Cardstock, wood clothespins, and glue sticks work best.

Instructions

1. Print this page, then color your dinosaurs.
2. Cut out the entire dinosaur (one at a time). Cut along the dotted line to make two pieces (a top and a bottom).
3. Apply glue to the “pinchy” part of the clothespin (not where you grasp the clothespin).
4. Place the dinosaur pieces on the glue on the clothespin, making sure the top and bottom pieces are aligned. When you pinch the clothespin, the dinosaur will be ready to talk.

