



Tasty Treats for a Brachiosaurus Picnic



REMINDER: Before you prepare any food for children, make sure to be aware of any food allergies.

Brachiosaurus Super Salad

Have children wash their hands. Remind children that dinosaurs such as Brachiosaurus only ate plants. After children clean their hands, give them bowls of as many green leafy vegetables as possible: lettuce, spinach, broccoli, and so on. Let them have fun ripping the big pieces into bite-size ones. Encourage children to try new vegetables, and to say, “No, thank you,” if they don’t feel like trying it. If desired, you can mix green food coloring with ranch dressing to make a tasty topping for the salad.

Sauropod Sandwiches

Use kid-safe plastic knives or a special dinosaur sandwich cutter (available in many supermarkets, department stores or online) to cut pieces of whole wheat bread in the shape of a favorite dinosaur. Spread with cheese spread, butter, or peanut butter. You can even add raisins for eyes.

Herbivore Herb and Spinach Spread

Thaw about a ½ cup of frozen spinach and drain it. Then have students mix the spinach and dried onion soup mix in a bowl with about 2 cups of sour cream. Serve with crackers and celery sticks.

Green Juice

Fill each child’s clear plastic cup with apple juice. Then put a drop of green food coloring in each cup and have children stir their drink with a spoon. In seconds, they’ll have a green beverage fit for an herbivore!





Brachiosaurus Picnic Fun and Games



3-Legged Race

- 🌿 **Preparation:** Mark start and finish lines with string, or tape.
- 🌿 Divide children into pairs, trying to match children with similar heights.
- 🌿 Tie one of each pair's ankles with a scarf, soft rope or bandana. (Tie the right leg to a left leg so that the pair is facing the same direction.)
- 🌿 Set all teams on the starting line. Explain that all racers need to use their legs to get to the finish line.
- 🌿 Give a prize to the first pair to reach the finish line.

Race like a Brachiosaurus

Children have to race from a starting line to a finish line, taking as **HUGE** steps as possible. To make this more interesting, lay out a few (clean) green objects that the players have to pick up with their teeth and carry to the finish line.

Fly like a Pteranodon

In this version of musical chairs, players have to flap their arms like a Pteranodon and jump in the air whenever the music plays. When the music stops, each player has to find a chair (or colored mat or towel, if outside). Every round, one of the chairs (or mats) is removed, until there is only one player left. That player is the winner.



Hide and Seek

One player, the seeker, counts to 10, while all the other players hide. When the seeker reaches 10, he or she calls out, "Ready or not, here I come!" and tries to find the other players. To make it more interesting, the seeker can count by naming a different dinosaur or pterosaur after each number, such as, "1...Tyrannosaurus; 2... Stegosaurus; 3... Pteranodon; 4... Brachiosaurus..." and so on. You can see the [Dinosaur Train Field Guide](http://pbskids.org/dinosaurtrain/games/fieldguide.html) (<http://pbskids.org/dinosaurtrain/games/fieldguide.html>) for more ideas for dinosaurs to name.

Do the "Tiny Dance"

Whenever Tiny has to go to the bathroom, she does a special dance. Have children invent their own dances that tell the others when they need to use the bathroom. If followed by actual trips to the bathroom, talk about the importance of washing your hands afterward.



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