

THE DINOFEELINGS SERIES

by RACHEL BRIGHT and CHRIS CHATTERTON



RESOURCE PACK FOR KS1 / AGES 5+

Includes: visual extracts from the books, corresponding reading questions and activities

Themes: worries; coping with anxieties; kindness; resolving arguments; big feelings

The activities included here are suitable for home learning or use in the classroom.

ABOUT THE DINOFEELINGS SERIES

Teach little dinosaurs about big feelings with the DinoFeelings series.
Soothing stories that will help to open up conversations about feelings in a gentle and approachable way.

THE WORRYSAURUS

A fun and reassuring tale about dealing with worries.

It's a beautiful day and Worrysaurus has planned a special picnic.

But it isn't long before a small butterfly of worry starts fluttering in his tummy . . .

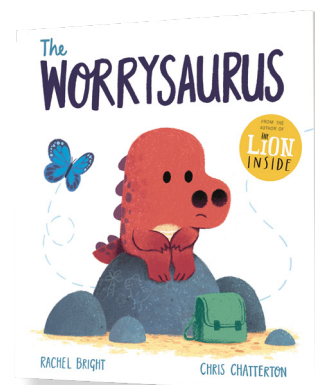
What if he hasn't brought enough to eat?

What if he gets lost in the jungle?

What if he trips and falls?

What if it rains?!

Can Worrysaurus find a way to chase his fears away and have fun?



THE HUGASAURUS

A joyful celebration of the power of kindness.

One sunny morning, a happy little Hugasaurus waves goodbye to her Pappysaur and sets off into the world on her own for the very first time. When she finds a playground, some new friends welcome her to their games. But it isn't long before the other little dinosaurs start to squabble.

Can Hugasaurus bring her new friends back together using the magical power of kindness?



THE STOMPYSAURUS

A reassuring tale about coping with overwhelming feelings and frustration.

One morning, Stompysaurus wakes from a happy dream, feeling excited for the new day, until things start to go a bit wrong. His brother's being a tease, his breakfast isn't his usual favourite and NOTHING is going right. His STOMPS and ROARS start rising inside him, until they EXPLODE!

But a tricky start doesn't have to mean a stompy finish. Can Stompysaurus find a new way of looking at things and turn his day around?



DINOFEELINGS RESOURCE PACK

THE WORRYSAURUS

Identifying and coping with worries

Objectives:

- To identify worries and how they make us feel
- To reflect on how we can cope with our worries

Outcomes: A discussion about the worries in the story; a 'Worry Butterfly'; a 'happy tin' of things that help children feel better.

THE HUGASAURUS

Being kind to each other

Objectives:

- To understand how the theme of kindness is presented in the story
- To identify ways of being kind and understand how it makes us feel

Outcomes: A list of acts of kindness; a 'Kind Classroom Bingo' display.

THE STOMPYSAURUS

Big feelings

Objectives:

- To explore the relationship between our feelings and how we behave
- To identify how different feelings make us behave

Outcomes: A list of feelings and corresponding physical signs; a reflection on how we can manage big feelings.





DINOFEELINGS

LET'S TALK ABOUT FEELINGS!

What are feelings?

Can you list five
feelings?

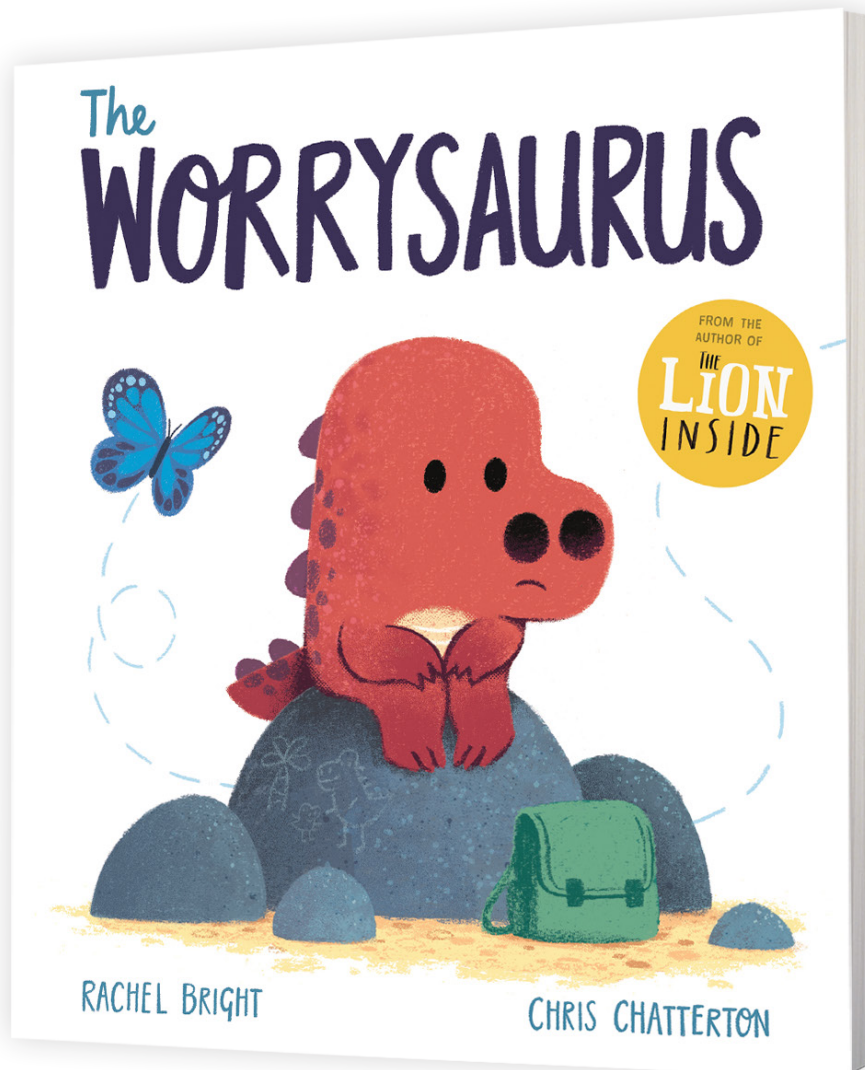
How do you feel
today?

How would you like
to feel tomorrow?

Activity based on the DinoFeelings series by Rachel Bright and Chris Chatterton

THE WORRYSAURUS

IDENTIFYING AND COPING WITH WORRIES



Discussion questions:

- What does the word 'worry' mean? What do you worry about?
- What sorts of things does the Worrysaurus worry about in the story?
- Why is the butterfly important in the story?

Use pages from *The Worrysaurus* to help answer these questions.

"A storm?" said Worrysaurus,

"When it's so dry and hot and sunny?"

BUT the news became a butterfly
that flittered in his tummy.

"I'm **NOT READY**
for the rain," he said.

His teeth began
to **CHATTER** and
his knees – they turned
to **JELLYS**.

"I haven't got my wellies!"

And all the while, the sky was blue!

The sun it shone and shone.

But now his lovely picnic thoughts
were definitely gone.



THE WORRYSAURUS WORRY BUTTERFLIES

ACTIVITY 1:

Ask the class: what does the Worrysaurus worry about in the story? What does he think might go wrong?
For example:

The Worrysaurus is worried that he hasn't made enough to eat today.

Ask children to write or say three sentences aloud to describe the worries in the story.

Our worries can sometimes feel like a load we are carrying around with us – or a *butterfly that flutters in our tummy* – and this can be very uncomfortable and tiring. Ask children to take a few moments to think about their own worries. They can note down or draw these worries on the 'Worry Butterfly' template provided. Children can decorate and colour in their butterfly with whatever colours they associate with these feelings.

ACTIVITY 2:

What does the Worrysaurus do in the story to **CHASE THAT BUTTERFLY AWAY?**

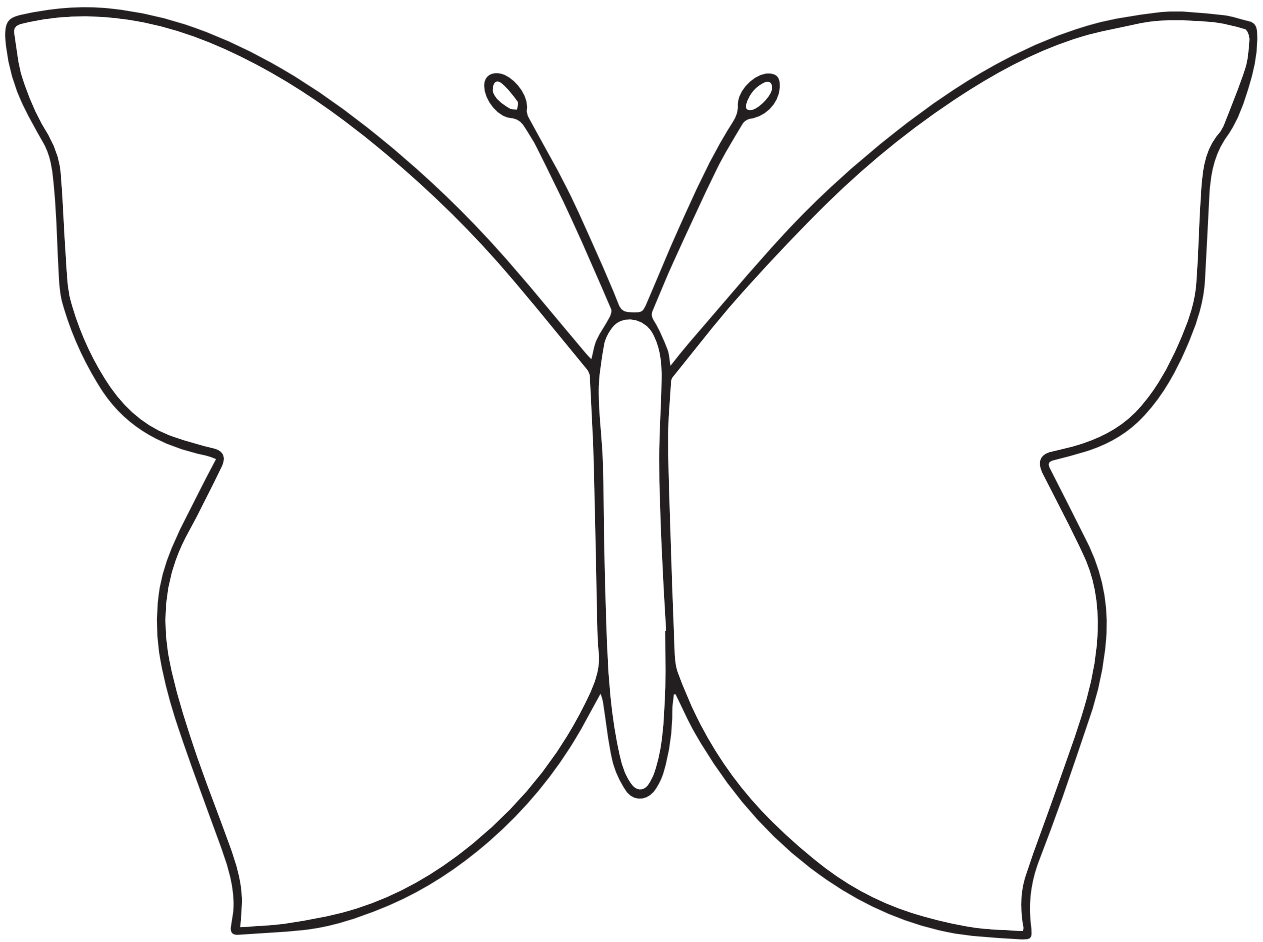
Ask children to draw or bring in their own 'happy tin' or box of things that make them feel happy. Will they include a special stick, a teddy, a pebble or a letter, like the Worrysaurus? Or will they have their own objects to hold and make them feel better?

THE WORRYSAURUS

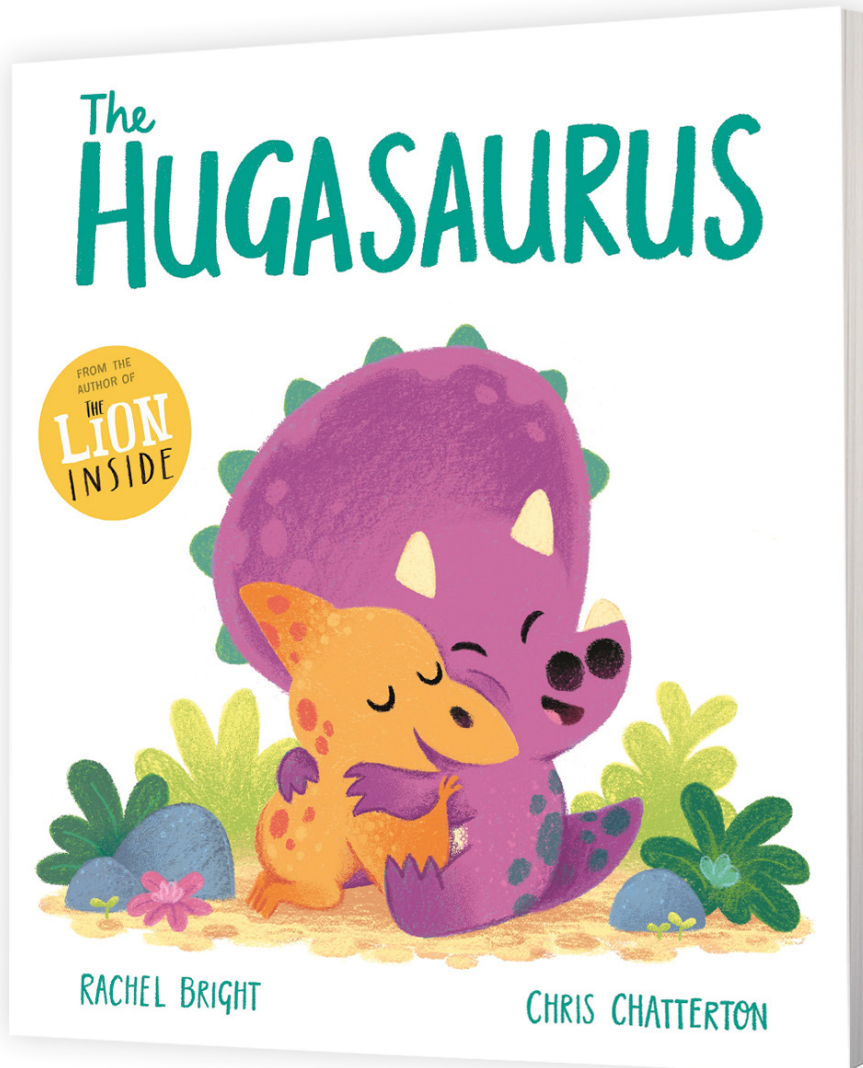
MY WORRY BUTTERFLY

Write down the things that might make you feel worried on the butterfly below.

You may want to decorate and colour in the butterfly with whatever colours you think represent these feelings.



THE HUGASAURUS BEING KIND TO EACH OTHER



Discussion questions:

- What happens when the dinos start playing hide-and-seek?
- What does the word 'squabbling' mean? Have you ever been involved in a squabble?
- How does the Hugasaurus help to stop all the squabbling? What does she do?

Use pages from *The Hugasaurus* to help answer these questions.

And, to start with, it was wonderful,
they all slid down the slide.

BUT... then they started wondering
whose turn it was to hide....



A squabbling was bubbling
and growing up and out.
Those little dinosaurs

ROAR
began to
and **SHOUT!**

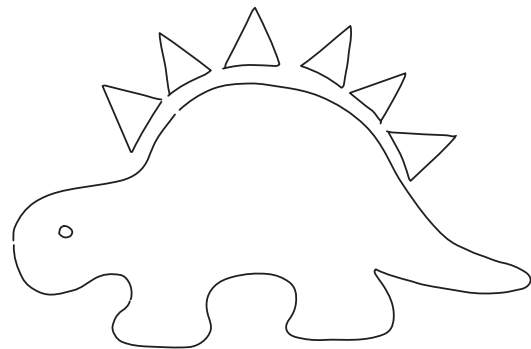
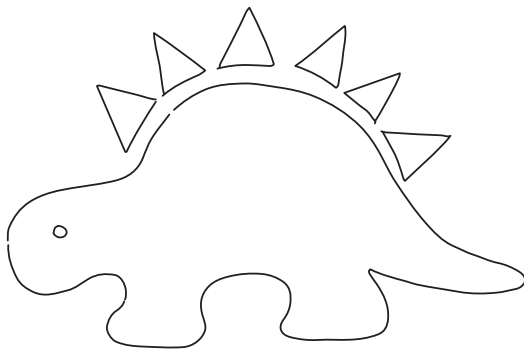
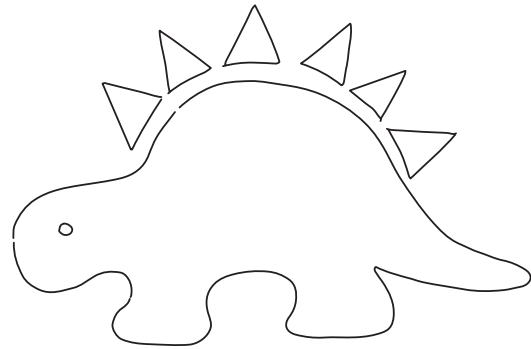
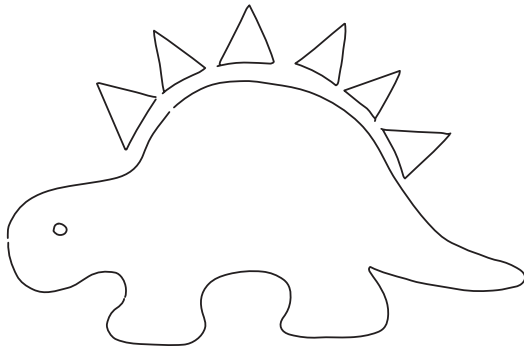
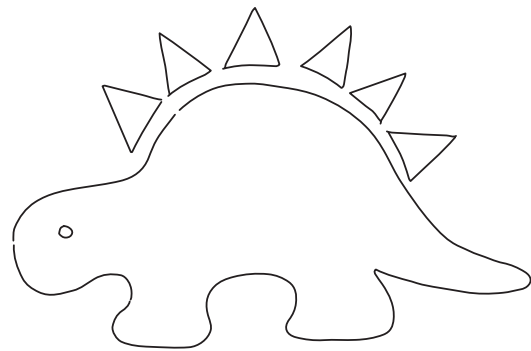
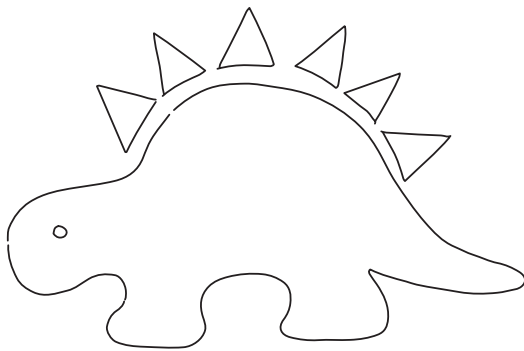


THE HUGASAURUS

KINDNESS DINOS

Make a list of ways you can be kind on a daily basis. On the six empty dinosaur templates below, write down a kind thing you can do or say to someone.

Example: give someone a hug or tell someone they look wonderful!



These are your KINDNESS DINOS! Share them with each other. How does being kind to someone make you feel? Which are your favourites?


THE HUGASAURUS KINDNESS BINGO

Write your favourite acts of kindness in each square.

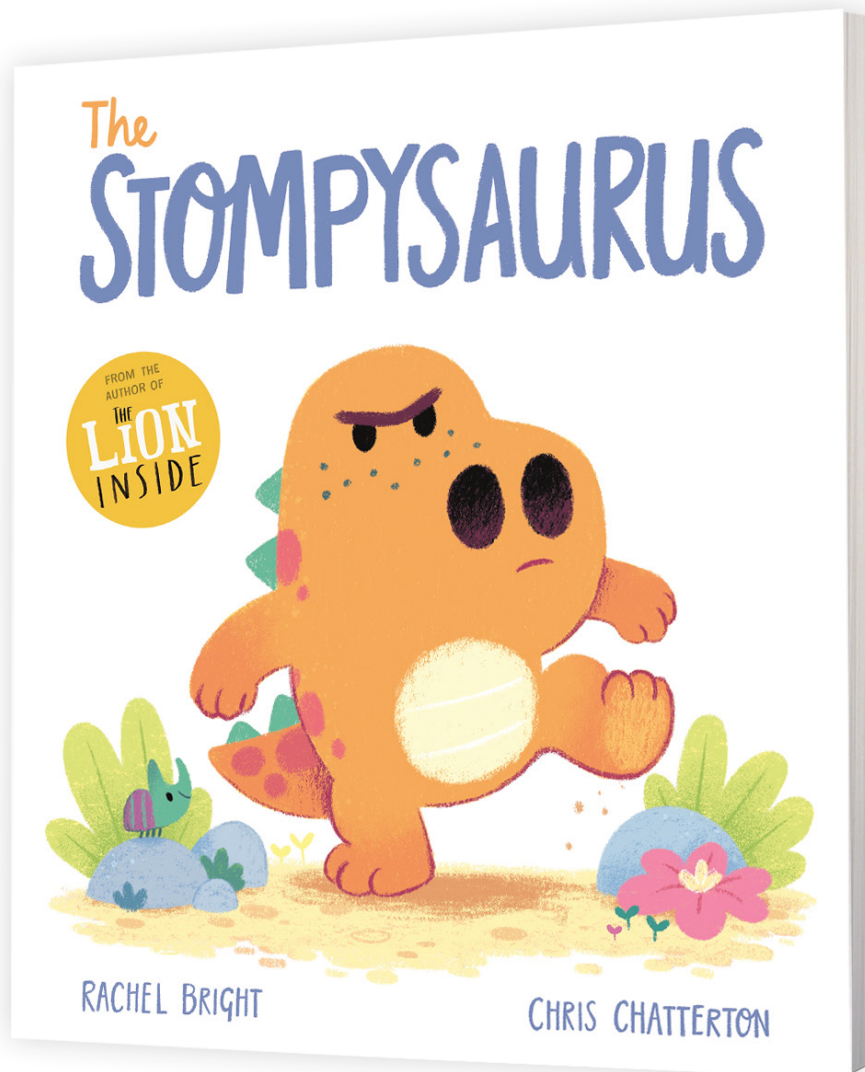
Can you complete all of them in one week? Draw a star or big tick in each box when you've completed it. Once you've done them all, shout BINGO!

E.G. GIVE SOMEONE
A HUG!



<p>E.G. GIVE SOMEONE A HUG!</p> 			

THE STOMPYSAURUS BIG FEELINGS



Discussion questions:

- What can you see happening to the dino on the front cover of the book? How do you think he is feeling?
- What does it mean to 'stomp'? Can you stomp? Try doing it together as a class!
- Can you think of a time when you were stompy in real life? Why? What happened?

Use the cover image of *The Stompysaurus* to help answer these questions.

THE STOMPYSAURUS

ACTIVITY 1:

The Stompysaurus is all about how our feelings come out in our behavior. Sometimes, a big emotional reaction comes from lots of feelings bubbling below the surface – just like a volcano!

In groups, ask children to fill out their Feelings Volcanos below with six different feelings of their choice (e.g. happiness, anger, anxiety, sadness, confusion, excitement).

They should write their chosen feeling inside the volcano. Then, in the cloud above the volcano, they should write how that feeling makes them behave. For example: ANGER makes me want to scream and shout!

Encourage children to write as many things in their volcano clouds as possible. Which feelings make them feel like they might EXPLODE, just like the Stompysaurus?

REFLECTION ACTIVITY:

Encourage children to think about the steps we can take or strategies we can use to manage BIG feelings – both our own feelings and the feelings of others.

They might consider the following ideas as prompts:

- Talking to others about feelings
- Being kind to others
- Writing down feelings in a diary or notebook
- Drawing, colouring or creating things
- Counting to ten to calm down
- Doing breathing exercises
- Taking part in physical activity like running, swimming or dancing

THE STOMPYSAURUS FEELINGS VOLCANOS

Choose six different feelings and write them inside the base of your Feelings Volcanos (e.g. happiness, anger, anxiety, sadness, confusion, excitement).

Then, in the cloud above the volcano, write how that feeling makes you behave. Which feelings would make you feel like you might EXPLODE, just like the Stompysaurus?

