



**CANADIAN  
PARENTS  
FOR FRENCH  
SASKATCHEWAN**

## ***Virtual Fête du soleil***

### **Les Dinosaures/Dinosaurs**

### **Do-It-Yourself Activity Guide**

#### **Vocabulaire/Vocabulary**

1. Un Volcan – A volcano
2. Un Squelette de dinosaure – A dinosaur skeleton
3. Creuser – Dig
4. Un archéologue – An archeologist
5. Un homme des cavernes – A caveman
6. Un fossile – A fossil
7. Des oeufs de dinosaures – Dinosaur eggs
8. Les écailles – Scales
9. Un Tyrannosaure - Tyrannosaurus
10. Un nid de dinosaure – Dinosaur nest

## Bricolage/Craft

### Dinosaures pince à linge /Clothespin Dinosaurs

*Materials:* Printable dinosaurs, heavier print paper, clothespin, glue, scissors

*Instructions:*

1. Print out the dinosaur outlines
2. Color the dinosaurs
3. Cut along the lines and cut the mouth in half
5. Glue the top part to the top of the clothespin and the bottom half to the bottom
6. All done! Your dinosaurs are ready for play!



### Oeuf de dinosaure/Dinosaur egg



*Materials:* printable dinosaur egg, popsicle sticks, scissors, glue

*Instructions:*

1. Cut out your favourite dinosaur and egg outline
2. Glue your dinosaur on the top of the popsicle
3. Glue the whole egg to the back of the popsicle
4. Only put glue on the sides of the lower half of the cracked egg (so the dinosaur can slide up and down) and glue it to be in line with the back egg
5. Glue the top eggshell "hat" on to the dinosaur
6. When the glue is dry you can pull the popsicle stick down, so the egg closes completely
7. Then shout PEEK-A-BOO and make the dinosaur reappear

## Cuisine/Cooking

### Nid de dinosaure/Dinosaur nest

#### Ingredients:

- 200g dark chocolate
- 50g butter
- 2 tbsp golden syrup
- 100g cornflakes
- 24 mini eggs

#### Instructions:

1. Melt the chocolate, butter & golden syrup together in a bowl in the microwave (stir every 30 seconds)
2. Stir in the cornflakes and mix until well coated
3. Spray muffin tins lightly with cooking spray
4. Spoon into muffin cases and make a well in the centre (mold nest shapes)
5. Let set, you can also place in the refrigerator to help them set up quicker
6. Place 3 dinosaur eggs on top and enjoy!



### Volcan de brownies/Volcano brownies



*Ingredients:* Brownie Mix, Red Icing, Chocolate syrup, mini-muffin tin

#### Instructions:

1. Prepare the brownie mix as directed on the package
2. Grease the cups in a mini-muffin pan or use mini-cupcake liners
3. Fill the cups in pan  $\frac{3}{4}$  of the way full of brownie mix
4. Cook as directed on package. Check the brownies often because the cook time will probably be less when they're not all of the way full

5. Let the brownies cool in the pan. Removed them once cool and place them upside down on a plate
6. Drizzle brownie with red icing and chocolate syrup

## Science/Science

### Un Volcan/A Volcano

*Materials:* Cookie sheet tray, empty soda/water bottle, warm water, red food coloring, dish soap, baking soda, vinegar

#### Salt Dough

- 6 cups of flour
- 2 cups of salt
- 2 cups of water
- 2 Tbsp of cooking oil

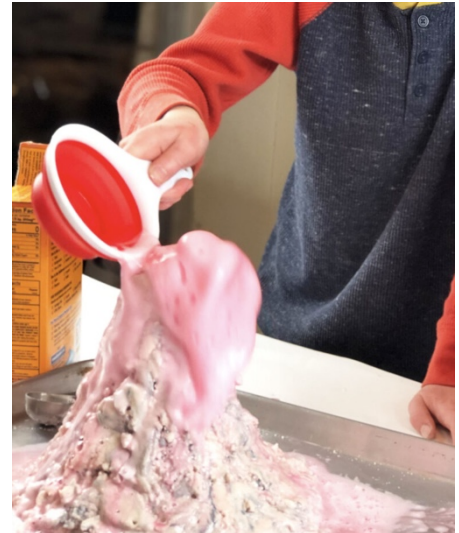
#### *Instructions:*

1. Add the salt dough ingredients in a large bowl. Mix with a spoon until you need to just dig in with your hands. You may need to add a 1/4-1/3 cup more water. This is a hard dough so you can mold it to stand up around the bottle.
2. Grab a cookie sheet tray and place a bottle in the middle. You can use a soda bottle or a glass bottle. Mold the salt dough into a volcano shape around the bottle leaving an opening at the top.
3. Put 2 Tbsp of baking soda into the bottle.
4. Mix the red food coloring with around 2 cups of water (depends how large your bottle is you want it  $\frac{3}{4}$  of the way full) and some dish soap together.
5. Pour in the vinegar and watch the eruption go!

### Les œufs de dinosaures pétillantes/Fizzy dinosaur eggs

#### *Materials:*

- Baking Soda
- Food Coloring
- Water



- Pipettes
- Vinegar
- Plastic Egg molds
- Safety Goggles
- Plastic Dinosaurs
- Mixing bowl
- Whist or spoon
- Parchment paper



*Instructions:*

This recipe makes 3 eggs.

1. First, add 3 cups of baking soda to a large bowl.
2. Then, add a few drops of food coloring to the baking soda and mix. Use gloves if you don't want to stain your hands.
3. Add  $\frac{1}{4}$  cup of water. The mixture is ready when it begins to form a paste. If it is too dry, you may need a bit more water.
4. Once the mixture has the consistency of paste, you can add it to one half of plastic egg. If you don't have eggs you can easily shape the mixture using your hands.
5. Then, insert a plastic dinosaur and fill the other half of the egg with paste. Close the egg to completely cover the dinosaur inside.
6. Remove the baking soda eggs from the plastic mold and place them on parchment paper in the freezer for at least an hour or more.
7. Remove the eggs and place them in a shallow pan. Pour white vinegar into a bowl. Use goggles for younger children.
8. Invite the kids to fill pipettes (eye droppers) with vinegar. When the vinegar is squeezed on the eggs they will begin to fizz. Squeeze vinegar on the eggs until the dinosaurs are completely uncovered.

## **Jeux/Games**

### **Attraper la queue/Catch the tail**

*Materials:* Pool noodles or dinosaur tails

*Instructions:*

One child is "IT" and starts running around the area holding the pool noodle as a tail. The other children are chasing the dinosaur. If they catch the tail, they become the new dinosaur. For large groups, several people can be the dinosaurs.

### **Piétiner la queue de dinosaure/Dinosaur tail stomp**

*Materials:* String and balloons

*Instructions:*

Tie a long piece of strings around one child's waist with a balloon attached to the end. They must run around while the other children try to pop it!

Les enfants doivent piétiner les ballons des autres enfants, au même temps ils doivent protéger leur propre ballon.

### **Cache Cache/Hide and Seek**

*Materials:* dinosaur bone or egg to hide

*Instructions:*

Instead of hiding a person, you hide a dinosaur bone or egg and whoever finds it gets to hide it next. Great for small to large groups of children.

### **Oeuf de dinosaure chaud/Hot dinosaur egg**

*Materials:* something to be the dinosaur egg (ball), music

*Instructions:*

Similar rules to hot potato. When the music stops, whoever is holding the egg is out. To get a chance to be back in the game, they must do a silly move and make the other players laugh.

## **Un Dinsaure Disparu/Extinct Dinosaur**

*Materials:* nothing/rien

*Instructions:*

This game is the reverse of hide-and-go-seek. Someone is chosen to be IT (the extinct dinosaur), this person hides while all of the others close their eyes and count to 20. When done counting, everyone sets out to find the extinct dinosaur. If someone finds them, they quietly hide near them. One by one more dinosaurs will become extinct joining the first extinct dinosaur. The last person who is still looking for the extinct dinosaur becomes IT the next round.

## **Dinsaure Congelé/Frozen Dinosaur**

*Materials:* Frozen t-shirts

*Instructions:*

Place each t-shirt shirt in water (about 2 cups) and then wring it out. Fold it neatly into a square so that it fits in a freezer bag and place it in the freezer.

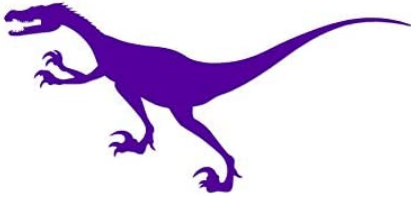
Assign the teams or individuals and pass out the frozen t-shirts. The goal is for each player or team to use whatever they can to thaw a t-shirt enough to wear it. Whoever gets the t-shirt on first wins!

Some rules to make it more challenging:

- Players must stay in the same area, no leaving for supplies
- No water can be used to unthaw the shirt
- No machines such as microwave
- No sharp objects can be used on the t-shirts



## Exercise/Exercise



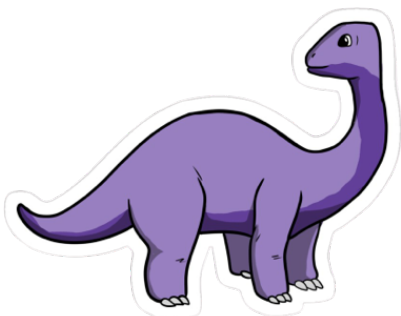
**Velociraptor Run:** Run in place as fast as you can!

**Pterodactyl take off:** Spread your arms and move them quickly in a circle, jump up and down as high as you can.



**Compsognathus Prance:** Jump left & right, crossing one leg behind the other as you move.

**The Diplodocus:** Start on your hands & knees, stretch your left leg behind you and your right arm in front of you. Move your leg up, down, left & right. Then switch sides and repeat.



**Stegosaurus walks:** On your hands & feet, hips high, walk forward and back, stomping loudly.

**T-Rex Run:** Put your elbows in your armpits and run in place lifting your knees high as you can.



**Brachiosaurus stretch:** stand up straight, stretch as tall as you can with your arms up standing on your tip toes. How far can you reach?

**Spinosaurus stretch:** Draw your belly to your spine and round your back toward the ceiling. Your back should be in an arch-like shape.