Dino Stomp

Ages 2 - 5 | 15 minutes

Lesson overview

Get children moving with an energetic dinosaur action song. Stomping, swinging, roaring, jumping, tiptoeing and freezing encourage gross motor development, body awareness, listening and imaginative play, with printable activities to reinforce counting, matching and patterns.

Learning objectives

- Practise gross motor movements such as stomping, jumping and tiptoeing
- Listen and respond to simple movement instructions
- Practise stopping and holding a position on cue
- Use imagination to move and act like a dinosaur
- Recognise or continue simple visual patterns
- Develop counting, matching or fine motor skills through a chosen printable activity

Learning themes

Dinosaurs, Animals, Movement, Imaginative play, Listening

Resources and materials

- Screen or device to play the song video
- Dino Stomp activity pack PDF
- Pencils or crayons
- Clear, safe space for movement

Lesson sequence

1. Meet the dinosaur (2 minutes)

Introduce the song and invite children to imagine being dinosaurs. Ask them to show how a dinosaur might move, while reminding everyone to keep enough space around themselves.

2. Sing, stomp and freeze (4 minutes)

Play the Dino Stomp video and encourage children to follow the actions: stomp, swing their imaginary tails, roar, jump, wave their claws and tiptoe. When the song says to freeze like stone, encourage them to stop and hold still for a count of three. Children can make smaller movements or remain seated if needed.

3. Try a dinosaur activity (7 minutes)

Choose a suitable activity from the printable pack. Children might count groups of dinosaurs, match dinosaurs to footprints, continue a footprint or egg pattern, trace a path, complete a maze or draw their own dinosaur. Support children according to their age and abilities.

4. Slow down and recap (2 minutes)

Ask children to show a favourite dinosaur movement. Finish with gentle tiptoeing and a quiet, sleepy-dinosaur pose inspired by the song. Ask which action required them to freeze or move quietly.

Questions and discussion

- How can you move like a dinosaur?
- Can you stomp your feet and swing your imaginary tail?
- What do you do when the song says to freeze?
- Can you tiptoe quietly like a little dinosaur?
- Can you match a dinosaur to its footprint or continue a pattern?

Lesson recap

Children have explored movement, listening and imaginative play through the dinosaur song. A selected printable activity reinforces an additional skill such as counting, matching, patterns or pencil control.

Song and printable resources

Watch the song video:

https://youtu.be/uRkuvg5n9fk

Download the activity pack:

https://snappysingalong.com/downloads/snappy-singalong-activity-pack-dino-stomp.pdf

Teacher notes and observations

What went well? What did the children enjoy? What would you adapt next time?