

# CAN-DO DINOSAURS

We often think of children's skill-building in terms of mastering specific activities. But skill-building is also a skill in itself. Tying a shoe lace requires much more than tactile dexterity; it also requires listening, patience, perseverance and concentration.

*Can-Do Dinosaurs* is designed to introduce children aged 3 to 7 to the critical skills needed for learning, safety, self-reflection, resilience and interrelationships. The cards are ideal for helping children overcome fears, develop confidence, build friendships and make good decisions. They're also great for helping children acquire the skills of turn-taking, listening and assertiveness!

## Giving praise

Use the cards to promote positive behaviours by noticing what your students or children do well. Acknowledge them with the appropriate card. Parents and teachers may also like to remind children of their special strengths by surprising them with a *Can-Do Dinosaur* sticker. Put a sticker in a child's lunchbox, school drawer, or on their bed pillow.

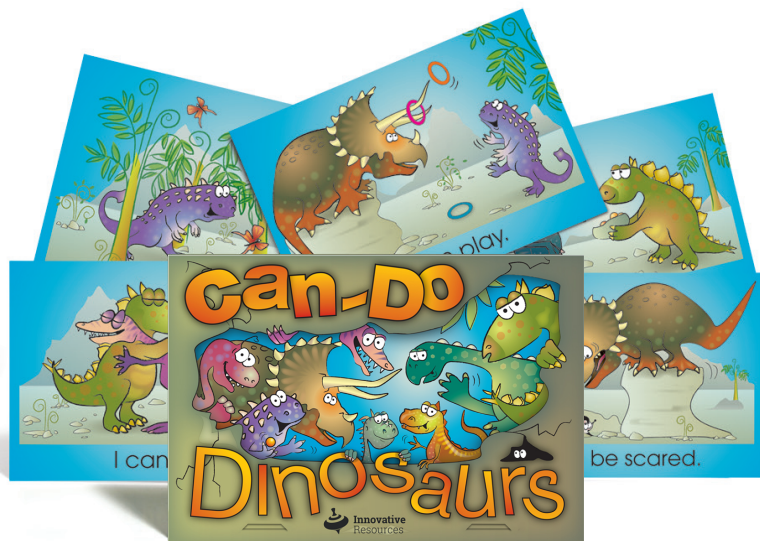
## Keeping safe

Invite children to scan the cards and pick skills that could be used to stay safe (eg. 'I can tell others', 'I can be angry' and 'I can be safe'). Which of these skills need practice? Which ones come more easily? Invite each child to pick a card and demonstrate how they do the action shown on the card.

## Building new skills

*Can-Do Dinosaurs* can be used in various ways to support children's development of new skills. For example, you might begin by asking the child:

- Which card shows something you are really good at?
- Which card shows a skill you would like to learn?
- Who could help you learn that new skill?



## Tell a story

Spread the cards out on the floor. Invite the child or children to pick a card and tell a story about the time they used that skill.

## Make a frieze

The 28 *Can-Do Dinosaur* cards can be strung together to make a colourful and attractive frieze for a classroom, a child's bedroom or a space where children receive health or welfare services.

A long-lasting frieze can be created by running the cards through a laminating machine, leaving enough laminate around the sides of each card for a hole to be punched through ready for twine, or for a pin or peg to be used to hang the cards. Or you can simply use a reusable adhesive to stick the cards to the walls!

## Memory Game

Spread two packs of *Can-Do Dinosaurs* face down on the floor. Take turns to see who can turn over two matching cards. When a child turns over matching cards, invite them to tell a story about that particular skill and how it can be used to stay safe or help others.

The cards are ideal for helping children overcome fears, develop confidence, build friendships and make good decisions.



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28 laminated, full-colour cards, 210mm x 148mm, polypropylene box, fold-out 8-page booklet.  
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