



GET ACTIVE



15 MINUTES



IN THE  
CUPBOARD

# DINOSAUR ISLAND



## ▶▶ GETTING INTO THE ACTIVITY

Become a fearsome dinosaur and take it in turns to try and defend dinosaur island.

Children should stand in a large circle (socially distanced where required). One child should be nominated to be the dinosaur that lives on dinosaur island and stand in the middle of the circle. Around them should be a circle of cones (these need to be at least 1m+ away from the child in the middle). There should be enough cones for each child around the outside of the circle.

On go, the dinosaur in the middle needs to keep an eye on all the players by spinning around on the spot. Children need to slowly sneak up to dinosaur island and grab the cone they are opposite. If the dinosaur spots a player moving, they are sent back to the edge of the room. However, the dinosaur can't spot players when they are frozen. The first person to make it to dinosaur island and grab their cone is the winner and the new resident of dinosaur island for the next round.

Introduce variations by getting the children to move only by hopping, crawling, walking backwards, acting like a dinosaur etc.



## WHAT YOU'LL NEED

- Cones



## KEEPING EVERYONE SAFE

Maintain social distancing where required. In smaller meeting spaces you may need to play with a smaller group, so children have enough space. Children should stick with their own cone throughout the game, so the cone doesn't need to be touched by others.