

can-do



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Dinosaurs

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Innovative Resources acknowledges the Jaara people of Dja Dja Wurrung country, the traditional custodians of the land upon which our premises are located and where our resources are developed and published. We pay our respects to the elders—past, present and future—for they hold the memories, traditions, cultures and hopes of Aboriginal and Torres Strait Islander Australians, and other First Nations peoples. We must remember that underneath this earth, upon which we so firmly stand, this is, was and always will be, the traditional land of First Nations peoples.



can-do Dinosaurs

28 colourful cards for having empowering conversations with children about building skills and strengths.

We are all skill builders. It doesn't matter if we are 4 or 104—every day we draw on a vast array of different skills.

Being a learner requires an openness to new ideas and a willingness to develop new capacities. Skill-building is a skill in itself—a real art—that each of us learns in different ways, at different times and in different sequences. Children, however, with their innate curiosity and aptitude for learning, are naturally poised to absorb the wisdom, habits, practices, attitudes and values of the adults around them. *Can-Do Dinosaurs* has been designed for anyone who spends time with children and wants to intentionally encourage social and emotional development.

Too often we think of skills only in terms of sport, musical instruments or the mastering of such challenges as tying shoe laces or riding a bike without training wheels.

Of course, there is no doubting the delight young people experience when they get the hang of these things. But there are skills that lie beneath these practical achievements. To conquer the tying of a shoe lace depends on so much more than tactile dexterity. As we clap and celebrate that neat knot and bow, do we also celebrate the listening, patience, perseverance and concentration that enabled this great achievement?



Can-Do Dinosaurs is about skills of far greater—but far less obvious—importance. Some people refer to these abilities as ‘life skills’. At Innovative Resources we like to think of them as ‘Strength Skills’. *Can-Do Dinosaurs* invites us to introduce children to the ability and willingness to listen to others (I can listen); an awareness of safety (I can choose) and a readiness to apologise for mistakes (I can say sorry). These, and the other 25 cards, present skills that easily get taken for granted. Yet they are often the very ones that knit our relationships together, empower us and are the evidence of the strength and resilience that reside within.

Whatever our learning style and skill set, it is also worth remembering that unpractised skills can deteriorate; that we can forget skills we once had; that we can come up against challenges that force us to relearn or improve particular skills. Perhaps the worst thing we can do is to become complacent and think we have learnt all the skills we could ever need. *Can-Do Dinosaurs* are perfect for noticing strengths, growing skills and also for reminding us to practice existing skills.



Can-Do Dinosaurs is a skill-building tool dressed up in Jurassic garb that can help children develop:

- personal safety
- self-esteem
- the ability to reflect
- social skills
- respectful relationships
- resilience
- a language for their feelings

Questions you can ask:

- Can you tell a story using two or more cards?
- Which dinosaur do you think is having the most fun?
- Can you find a card showing a dinosaur being helpful?
- Can you find a card about staying safe?
- Who helps you to stay safe?
- Can you find a dinosaur who is being respectful?
- Can you find some dinosaurs being good friends?
- Can you find a feelings card?



The complete set of cards



I can ask for help.



I can be a friend.



I can be angry.



I can be brave.



I can be careful.



I can be clever.



I can be happy.



I can be kind.



I can be me.



I can be sad.



I can be safe.



I can be scared.



I can be tidy.



I can be trusted.



I can choose.



I can dream.



I can explore.



I can help.



I can hug.



I can listen.



I can play.



I can say no.

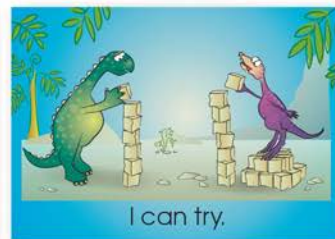
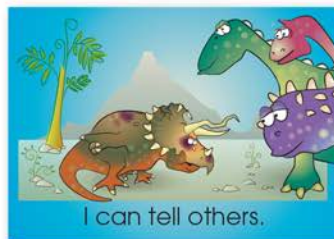
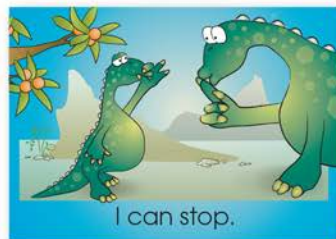


I can say sorry.



I can say thank you.





Can-Do Dinosaurs can be used in many different ways. Here are a few suggestions:

- Select a card that shows something you are already good at.
- Choose a card that shows a skill you want to learn more about over the next week/month.
- Notice what your students or children do well. Acknowledge them with the appropriate card.
- Ask children which friendly dinosaur they would like to invite into the classroom/playground/home for dinner today. Create a collage or painting with them around that theme.
- Ask young children to sit in a circle. Each person picks a card and demonstrates how they do the action shown on the card.
- Which cards would you pick for your mum/dad/siblings/friends?
- Place the cards in a bag and invite a child to randomly pick a card of the day or week. The class or family can then focus on that strength.
- Find two or more cards that could go together. For example, 'I can say sorry' and 'I can say thank you' are both about words you can say; 'I can be safe', 'I can say no' and 'I can ask for help' all relate to protective behaviours; 'I can be sad' and 'I can be angry' are both about feelings.





Can-Do Dinosaurs

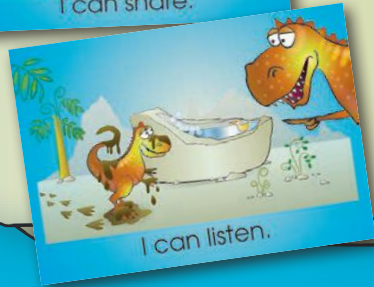
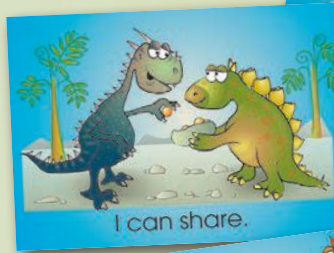
These twenty-eight fun and colourful cards, featuring a herd of delightful dinosaurs direct from the Jurassic era, have an important message for children of all ages...we all have skills and strengths!

And even better, with a little practice, we can learn new skills and grow our strengths every day.

The *Can-Do Dinosaurs* can help children explore how to:

- build friendships
- make good decisions
- develop confidence
- understand feelings
- stay safe
- respect themselves and others
- overcome fears

...and even how to have fun!



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