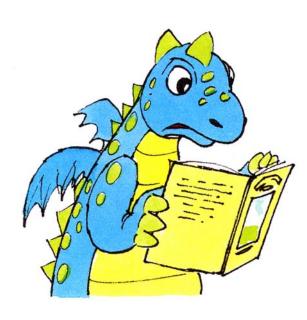
THE INCREDIBLE YEARS CHILDREN'S VIDEOTAPE SERIES

Dina Dinosaur's Curriculum for Young Children



Dinosaur School Daily Agenda

9:00	Arrival,	Choice	Time
7.00	1 MILLY CLI		111110

9:45 Circle Time

10:15 Small Group Activity

10:45 Snack

11:00 Choice/Center Time

11:30 Circle Time

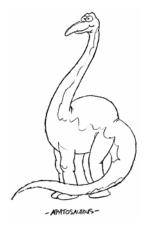
12:00 Small Group Activity

12:30 Lunch

1:00 Outdoor Time or Choice Time

1:15 Closing Circle Time

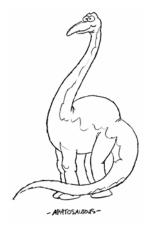
1:30 Parent Pick Up



Apatosaurus: School Rules—Part 1

Objective: Children make new friends and begin to learn the classroom rules, the schedule and their classroom responsibilities. Introduce Wally.

Circle Time Present	Introduce children to Wally Problem Solver and to each other. Have children brainstorm the rules, use rules cue cards, role-play each rule, learn about schedule and classroom jobs.
Vignettes	S-1, 1, S-3, S-4
Games	Introduction game (pretend to be an animal) or if too many children then sing "What is your name?" song or "Window Song" to learn each other's name.
Songs	"Everybody Sit Down," "Shake Hands With a Friend," "Window Song," "What is Your Name?" (Hap Palmer)
Small Group Practice	Dinosaur School Rules Poster (I-4)
Choice Time (Promotion)	Coach children during playtime, helping them learn each other's names and commenting on similarities and common interests. Reinforce children for following rules.



Apatosaurus: School Rules—Part 2

Objective: Children continue rules review, meet Dina Dinosaur, learn Show Me Five and Time-Out.

Circle Time Present	Bring out Dina Dinosaur to see children's rules posters. Dina teaches "Show Me Five" and how to use gentle touch. Dina starts to teach Time-Out; Wally and children practice going to Time-Out.
Vignettes	TO vignettes S-5, S-6
Games	Play a freeze song using rules cue cards.
Songs	"Everybody Sit Down," "Shake Hands With a Friend," "Dina Wake up," "Good- bye Dina," "Show Me Five Rap" (Dina CD*)
Small Group Practice	Rules Bingo (I-6) Make classroom book about rules (II-11) Make "Show Me Five" poster
Choice Time (Promotion)	Continue coaching children during play time, helping them learn each other's names and common interests. Comment on times when they follow the new school rules. Practice "Show Me Five" during the day.

Note: This session may be broken into two sessions, one teaching "Show Me Five" and the other teaching Time-Out.

^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



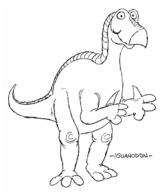
Iguanodon: Listening and Quiet Hands Up—Part 1

Objective: Children learn how to listen, wait, and put up a quiet hand

Circle Time Present	Bring out Dina who teaches what it means to listen. Review "Show Me Five" behaviors.
Vignettes	5, 7, 8
Games	Play a freeze song using rules cue cards. Play Wally listening game.
Songs	Teach "What's Your Name?" song. (Hap Palmer) "Show Me Five Rap" (Dina CD*)
Small Group Practice	Wally listening game with bodies and dress up clothes (II-1) Finish Show Me Five Hand Poster (II-4) (with small cue cards)
Choice Time (Promotion)	Continue coaching children during play time praising children who follow directions and listen to others or put up quiet hands. Give out surprise hand stamps for these behaviors.

Note: This session may be expanded by doing more circle times with more vignettes 1-18 and practice and additional small group activities.

^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.

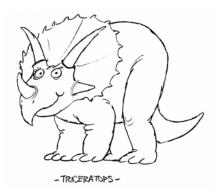


Iguanodon: Concentrating, Checking, and Cooperating Part 2

Objective: Help children learn how to concentrate and follow directions

Circle Time Present	Bring out puppet (Molly) who teaches what it means to concentrate. First she is distracted and then she models how to concentrate, think, and check her work while doing a maze. Children practice staying focused even when there are distractions (from Molly). Introduce "ignore muscles."
Vignettes	19, 20, 21, 22, 25, 28, S-8, S-9
Games	Play a freeze song using rules cue cards. Play Wally listening game.
Songs	"Show Me Five Rap"(Dina CD*)
Small Group Practice	Dina Concentration Word Search (II-13) Wally mazes (II-5)
Choice Time (Promotion)	Continue coaching children during play time by commenting on their ability to concentrate, be patient, follow directions, try again, and persist.

^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



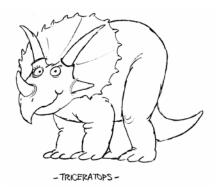
Triceratops: Detecting and Understanding Feelings Part 1

Objective: Children learn emotion vocabulary and identify feelings in themselves and others

Circle Time	
Present	Wally teaches his secrets for calming down—deep breathing, relaxing, thinking happy thoughts or visualization. (relax, tense, and other feeling cue cards)
Vignettes	1, 2, 3, 4, 5, 6, 7
Games	Sharing happy places and imagining going there with a friend. Guess Wally's feeling from his words.
Songs	"Everybody Sit Down," "Shake Hands With a Friend," (Dina CD*) "Window Song," "What is Your Name?" (Hap Palmer) "When You're Tense Take a Deep Breath" (Dina CD*)
Small Group Practice	Shaving Cream Feeling Art (III-51) Happy Thought books (III-3)
Choice Time (Promotion)	Coach children during play time and name their feelings, particularly times they are tense, relaxed, happy, lonely, left out, proud.

Note: For young children, this session maybe broken into three circle times focusing on 2-3 feelings per circle. For example, one on tense/relax feelings (Tin Man and Raggedy Wally game), one on sharing happy places and imagining going to each other's happy places (draw happy places for a classroom book) and one on feeling safe with guided imagery visualization (going inside cocoon to feel safe).

^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.

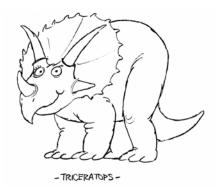


Triceratops: Detecting and Understanding Feelings Part 2

Objective: Children continue learning feeling vocabulary and understanding how to detect feelings.

Circle Time	
Present	Bring out Dina Dinosaur to review Wally's calm-down secrets. Have children demonstrate the calm-down strategies. Play "Wally Faces Game." Give children mirrors to look at their faces when you call out feeling words (with feeling cue cards) (III-41)
Vignettes	Continue 8, 9, 10, 11, 12, 13. Use magnifying glass to detect feelings on video.
Games	Play a freeze song using feeling cue cards Guided imagery with chrysalis (safe) or floating on a cloud (relax) (III-6) "Why Because Game" (III-15)
Songs	"When You're SadThink a Happy Thought," "Show Me Five Rap" (Dina CD*)
Small Group Practice	Feeling Dice (III-4) "Wally Feeling Faces Game" (III-5)
Choice Time (Promotion)	Continue coaching children during play time commenting on children's emotions—particularly positive emotions such as staying calm, being patient, concentrating, being proud, happy, friendly.

^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.

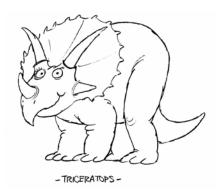


Triceratops: Detecting and Understanding Feelings Part 3

Objective: Continue teaching children feelings vocabulary

Circle Time	
Present	Bring out puppet (Molly) who has feelings cue cards under her shirt. Children have to detect her feelings and check her shirt. Use Wally faces big board.
Vignettes	Continue 13, 14, 15, 16. Use Calm-Down Thermometer.
Games	Play a freeze song using feeling cue cards. Play "Pass the Hat" with feeling faces.
Songs	"When You're SadThink a Happy Thought" "Show Me Five Rap" (Dina CD*)
Small Group Practice	Make Wally faces or Food faces (III-43) Feeling Bingo (III-25) Feeling Spinning (Game III-12) Pass the Hat Detective (Game III-17)
Choice Time (Promotion)	Continue coaching children during play time commenting upon children's emotions—particularly emotions such as being excited, happy, proud, curious, sad, mad, tense, relaxed.

^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



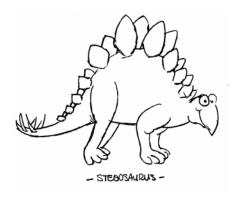
Triceratops: Detecting and Understanding Feelings Part 4

Objective: Continue teaching about feelings and review calm-down strategies

Circle Time Present	Bring out puppet (Dina) who is feeling frustrated because she can't find her wings. Children have to detect her feelings. Review calm-down strategies. Wally talks about Calm-Down Thermometer.
Vignettes	Continue 17, 18, 19, S-7 Use Calm-Down Thermometer with vignettes.
Games	Play a freeze song using feeling cue cards. Play "Feeling Fishing Game" (III-50).
Songs	"When You're SadThink a Happy Thought" (Dina CD*)
Small Group Practice	Make Calm-Down Thermometers Feeling Quilts (III-45) Feeling Alphabet book (III-39) Feeling Fingerprints (III-23)
Choice Time (Promotion)	Continue coaching children during play time commenting on children's emotions – particularly emotions such as frustrated, staying calm.

Note: Feelings circle times may be expanded by showing more vignettes and choosing from over 51 feeling games and small group activities in manual.

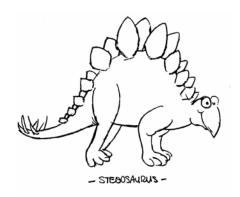
^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



Objective: Children learn first three steps to problem solving

Circle Time Present	Wally talks about his problem making a fort, and children help him with solutions. Use problem-solving cue cards. Introduce some solutions and Wally's Solution Detective Kit. (IV-1)
Vignettes	1, 2, 3, S-10, 4
Games	Mix up 3-4 feeling cue cards, turn them over and take one away. Children have to guess which one is missing.
Songs	"When You're FrustratedFind a Solution." (Dina CD*)
Small Group Practice	Make cheese or marshmallow fort with toothpicks Solution matching art project (IV-5)
Choice Time (Promotion)	Continue coaching children to identify feelings signaling a problem and defining the problem and some possible solutions. Often use this vocabulary, "What is the problem?" "What is a solution?"

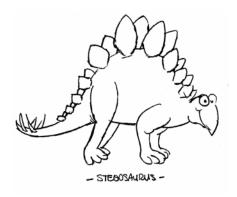
^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



Objective: Children review three steps to problem solving and learn more solutions

Circle Time Present	Wally talks about Humpty Dumpty's problem. Use problem-solving cue cards to help him find solutions. Introduce some new solutions with cue cards.
Vignettes	1, 2, 3, S-10, 4
Games	Act out solutions on solution cue cards.
Songs	"Wally Had a Problem" (Dina CD*)
Small Group Practice	Do Humpty Dumpty Art project (IV-3)
Choice Time (Promotion)	Continue coaching children to identify feelings signaling a problem and defining the problem and some possible solutions.

^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.

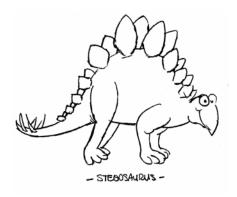


Objective: Practice solutions to problem-solving situations (ask, wait, do something else)

Circle Time Present	Wally talks about wanting to play with friends and being rejected. Use problem solving cue cards. Introduce some solution cue cards (ask, wait, do something else). Role play solutions. Introduce detective club.
Vignettes	1, 2, 3, S-10, 4
Games	Play Solution Pass the Hat Game and act out solutions. (IV-9) (cover only those discussed in circle) Play freeze song with solution cards.
Songs	"Wally Had a Problem" (Dina CD*)
Small Group Practice	Do shared art activity (IV-18) Solution Matching Art project (IV-5)
Choice Time (Promotion)	Continue coaching children to identify feelings signaling a problem and defining the problem and some possible solutions.

Note: Put up a big poster of a light bulb on wall. As new solutions are discussed and practiced in circle time, put the solution card up on the light bulb poster (with Velcro).

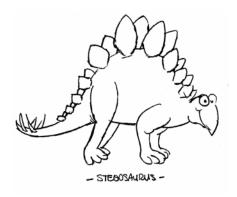
^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



Objective: Children practice solutions to problem situations (apologize, trade, please stop, share)

Circle Time	
Present	Wally talks about a problem related to wanting something another child has (e.g., computer, soccer ball). Use problemsolving cue cards. Introduce some new solution cue cards (wait, share, trade, apologize). Role play solutions.
Vignettes	S-11, S-12, S-13, S-14, S-15 S-17, S-18
Games	Fishing for Solutions Game (IV-28) or Pass the Hat Game (IV-9) (cover only those solutions practiced earlier) Play freeze song with solution cards.
Songs	"Wally Had a Problem" (Dina CD*)
Small Group Practice	Use Wally's Detective Book for Solving Problems and ask children to draw or write about possible solutions. Problem-Solving Mazes (IV-17) Problem-Solving Bingo (IV-12) or Memory Game (IV-13) Problem-Solving Puzzles (IV-10)
Choice Time (Promotion)	Continue coaching children to identify feelings signaling a problem and defining the problem and some possible solutions.

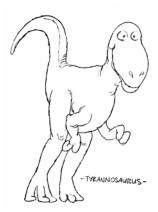
^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



Objective: Children learn how to choose the best solution by thinking about possible consequences

Circle Time Present	Wally talks how to make a good choice of solution. (fair, good feelings, safe) Use cue cards.
Vignettes	6, 7, 8, 9, S-19, S-20, S-21, S-22
Games	Fishing for Solutions (IV-28) or Pass the Hat Game (IV-9) (cover only those solutions practiced earlier) Mix up problem-solving cards, turn them over, and take one away; children must identify the missing card. Challenge them to earn a certain number of solutions to get in Detective Club. Play freeze song with solution cards.
Songs	"Wally Had a Problem" (Dina CD*)
Small Group Practice	Use Wally's Detective Book for Solving Problems, and ask children to draw or write about possible solutions. (IV-6) Problem-Solving Mazes (IV-17) Problem-Solving Bingo (IV-12) or Memory Game (IV-13) Problem-Solving Puzzles (IV-10) Class Solution Notebook (IV-2)
Choice Time (Promotion) *Songe are on "Dine Dinesour's Greatest Hi	Continue coaching children to define the problem and identify and use solutions.

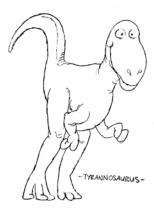
^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



Objective: Children learn and practice strategies for calming down (e.g., when excluded or teased)

or teasea)	1
Circle Time Present	Wally talks about being teased on the playground and getting angry. Talk about Tiny's secrets for calming down. Role play calm-down solutions. Show Tiny turtle anger cue cards. Practice going in shell.
Vignettes	11, 12
Games	Turtle visualization (V-1) Play freeze song with anger cue cards.
Songs	"Tiny Turtle" (Dina CD*)
Small Group Practice	Make turtle vests (V-2) Make turtle puppets (V-18)
Choice Time (Promotion)	Continue coaching children to identify times they are staying calm, using a calmdown strategy.

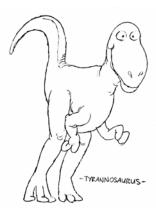
^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



Objective: Practice strategies for calming down (e.g., when denied something)

Circle Time Present	Tiny meets children and children review calm down strategies. Use big turtle shell to practice calm down approaches. Talk about "turtle power" and being strong when staying calm. Use calm down thermometer.
Vignettes	13, 16, S-24, S-27, S-28,
Games	Turtle visualization (V-1) Play freeze song with anger cue cards.
Songs	"Tiny Turtle" (Dina CD*)
Small Group Practice	Play dough turtles (V-26) Make a big turtle shell out of boxes (V-28)
Choice Time (Promotion)	Continue coaching children to identify times they are staying calm, using a calmdown strategy, waiting, and being patient.

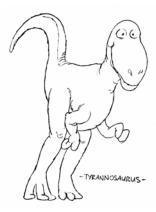
^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



Objective: Children learn how to respond to someone else's anger

Circle Time Present	Wally's mother is angry with him for breaking a vase. Children are asked to help Wally know what to do. Discuss what to do when children worry about their safety.
Vignettes	13, 16, S-24, S-27, S-28,
Games	Turtle visualization (V-1) Play freeze song with anger cue cards.
Songs	"Tiny Turtle" (Dina CD*)
Small Group Practice	Angry Memory Game (V-19) or Sequencing Game (V-10) Anger Bingo (V-4) Tiny' Anger Mazes (V-16)
Choice Time (Promotion)	Continue coaching children to identify times they are staying calm, using a calmdown strategy.

^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



Objective: Children learn how to cope with teasing from others

Circle Time	
Present	Wally is teased by his friends. Leader shows the Teasing Shield and explains how soft friendly words stick to the shield while cold prickly words do not. (use soft cotton balls with Velcro and sand paper to depict cold and prickly or soft)
Vignettes	17, 18, S-23, S-24, S-27, S-28
Games	Play freeze song with anger cue cards. Use big Wally books to practice solutions. Solution Fishing Game (V-9) Anger Mazes (V-16) Anger turtle visualization (V-1)
Songs	"Tiny Turtle" (Dina CD*)
Small Group Practice	Make Teasing shields (V-7) Anger Puzzles (V-6)
Choice Time (Promotion)	Continue coaching children to identify times they are staying calm, using a calmdown strategy.

Note: Many more circle time sessions maybe added to the problem-solving and anger management units. This is easily done by showing more of the vignettes to trigger role plays and practice and choosing from either 28 problem-solving small group activities or another 28 anger management small group activities in the manual.

^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



Objective: Children learn about how to help others

Circle Time Present	Talk about what it means to be a friend. Show helping cue card. Explain friendship club.
Vignettes	1, 2, 3, 4,
Games	Use Suppose Cards to elicit friendly solutions
Songs	"There Are Many Ways to Be Friendly" (Dina CD*)
Small Group Practice	Peer-coached play Maze outside on play court with blindfolded friend
Choice Time (Promotion)	Continue coaching children to prompt them to do friendly things or to praise them when they are friendly to others. Give out Dina's friendly feet to children who are being friendly (VI-1).

^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



Objective: Children learn about sharing with others

Circle Time Present	Wally talks about a time he shared and asks others to tell a time they shared or helped someone. Guided role play with puppet and children practicing sharing and helping—giving suggestions, waiting, taking turns. Read the rainbow fish story.
Vignettes	12, 13, 14,
Games	Freeze song game with friendly cue cards. Use Wally Detective books to practice friendship solutions Three-legged walk (VI-51)
Songs	"There Are Many Ways to Be Friendly" "Compliment Song" (Dina CD*)
Small Group Practice	Make rainbow fish (children share scales they paint with each other). Cooperative art project (IV-18), (IV-22) Teamwork straw art (VI-44)
Choice Time (Promotion)	Continue coaching children to use sharing, helping, and teamwork behaviors. Select one or two children to be on "friendship patrol." They give out friendly "Dinosaur Feet" to children who are friendly or record friendly actions on a clipboard.

^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



Objective: Children learn about teamwork

Circle Time Present	Wally talks about being on a team and what it means to be a team player. Use teamwork cue card. Baby Dina is born and starts review of skills learned.
Vignettes	22, 23, 24, 25
Games	Freeze song game with cue cards. Use big Wally books to practice friendship solutions.
Songs	"There Are Many Ways to Be Friendly" "Dina Rap" (Dina CD*)
Small Group Practice	Design a Dinosaur (VI-41) Baby Dina puppet (VII-20)
Choice Time (Promotion)	Continue coaching children to use sharing, helping and teamwork behaviors.

^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



Objective: Children learn about teamwork

Circle Time Present	Wally talks about being a team player at home. Baby Dina reviews skills learned. Start planning graduate party.
Vignettes	22, 23, 24, 25
Games	Freeze song game with cue cards. Use big Wally books to practice friendship solutions. Pass the Hat Game with friendship solutions or problems to solve. (VI-24)
Songs	"There Are Many Ways to Be Friendly" "Dina Rap" (Dina CD*)
Small Group Practice	Large floor puzzles
Choice Time (Promotion)	Continue coaching children to use sharing, helping, and teamwork behaviors.

^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



Objective: Begin review (and termination for those ending Dinosaur School)

Circle Time Present	Dina introduces Baby Dina; before she comes out explains how to treat babies. Baby Dina is born and asks about how to survive and make friends. This provides a review of skills learned.
Vignettes	22, 23, 24, 25
Games	Freeze song game with cue cards. Use big Wally books to practice friendship solutions.
Songs	"There Are Many Ways to Be Friendly" "Dina Rap" (Dina CD*)
Small Group Practice	Make Baby Dina Puppet (VII-20) Friendship Bingo Game (VI-25)
Choice Time (Promotion)	Continue coaching children to use sharing, helping, and teamwork behaviors.

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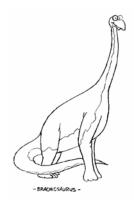


Brachiosaurus: How to Talk With Friends—Part 1

Objective: Learning about communication—tell, listen, ask

Circle Time	
Present	Baby Dina comes back to ask about how to
	talk to friends.
	Practice asking, telling a friend something, and listening.
	Practice how to join in a group.
Vignettes	22, 23, 24, 25
Games	Freeze song game with cue cards.
	Use big Wally books to practice friendship
	solutions.
	Pass the Hat Game (VII-5)
	Wally's Big Ears Game (VII-9)
Songs	"There Are Many Ways to Be Friendly"
	"Dina Rap" (Dina CD*)
Small Group Practice	Twenty Questions Game (VII-3)
Choice Time (Promotion)	Continue coaching children to use friendly
	—such as giving compliments, making suggestions.
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^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.



Objective: Learning about talking to friends

Circle Time Present	Wally talks about how hard it is to talk about a problem with someone.
Vignettes	22, 23, 24, 25
Games	Freeze song game with cue cards. Use big Wally books to practice friendship solutions. Friendship Bingo (VI-25)
Songs	"There Are Many Ways to Be Friendly" "Dina Rap" (Dina CD*) (if ending, plan songs for final graduation ceremony with parents)
Small Group Practice	Make dinosaur hats for graduation and placemats for party.
Choice Time (Promotion)	Continue coaching children to use friendly talk with each other.

^{*}Songs are on "Dina Dinosaur's Greatest Hits" CD.