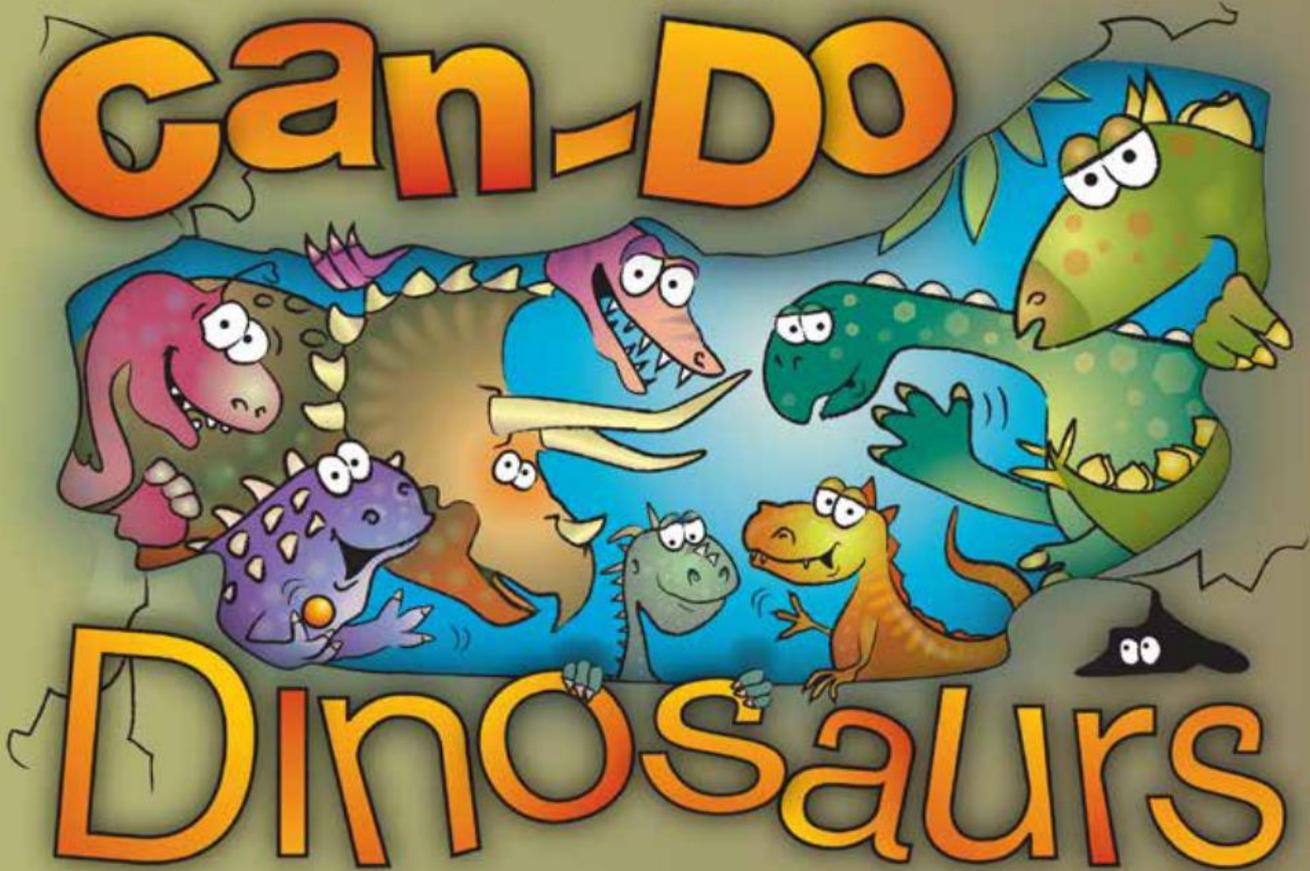


can-do



Dinosaurs

Digital Version

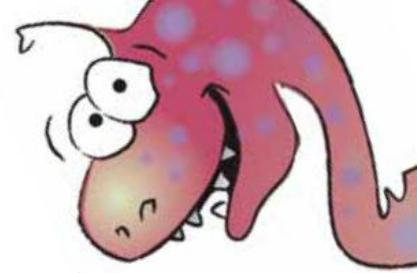
Welcome to the
Digital Version of

Can-Do Dinosaurs

St Luke's Innovative Resources is delighted to bring you the interactive, versatile, digital version of this conversation-building resource, first published as a hard copy card set packaged in a polypropylene box.

You can:

- swipe through the digital cards, one at a time
- swipe through a row of thumbnail images at the bottom of the screen
- bookmark/tag images
- write, scribble or draw on the digital cards—you may want to circle a relevant statement or scribble notes as a card is discussed
- add and drag notes anywhere on the images
- highlight, draw and write in multiple colours
- take a screen shot and access the image in your photo gallery
- send the image to the person you are working with so they have a copy
- print the image and mail it to the person so they have a hard copy
- save the image in your files as a record of your conversation.



How can I use this digital tool remotely with groups or individuals?

If you are running groups or meetings using Skype, Zoom or other similar video conferencing tools, you can use our digital cards and tools in a number of different ways.

A good place to start is to give the group or person some time to get to know the cards:

- The facilitator can share their screen, and scroll through the images so everyone can see.
- Point out the different features of the card set including the types of images, the format of the words (if any), the suits (if relevant) and any other unique features.
- Show them some of the features such as the scribble and text tools.

Deliberate Selection

- As you scroll through the cards, invite the person or group to pick cards that jump out at them for any reason. Perhaps it is the image that catches their attention. Perhaps it is a word or a question, or some other quality of the card. It may be a card they are curious about, or would find most helpful to focus on, or think is very important, or it may be a card that matches something they are thinking about or experiencing at the moment, or even a card that expresses something they have never thought about before.
- As the facilitator, you may wish to choose one or two cards to prompt an activity or discussion.

Random Selection

An alternate way of getting activities started is to select images randomly, for example:

- Ask each person to close their eyes and randomly say, 'Stop!' as the facilitator swipes through the images.
- Or ask each person to choose a number between 1 and X (X being the number of cards in the set). This is the number of their randomly selected card.
- Or use the timer on your phone set to a chosen interval—5 seconds, 10 seconds, etc. Stop on the image that is on screen when the timer dings.

Many videoconferencing tools allow you to put people into groups using 'breakout' rooms. So you may want to invite two or more people to discuss what a particular card means to them, and then come back to the whole group.



Some questions for reflection and conversation

Whether you use a deliberate or random selection method, you can then build the conversation by inviting each person to read or comment on their card, if they wish.

Facilitators can then ask individuals or groups questions like:

- What does this card mean to you?
- Have you thought about the topic on the card before?
- On a scale of 1-10 how important is this to you?
- Can you think of a time when this card was particularly relevant? What happened?
- When this is happening, what is the effect?
- When this is not happening, what is the effect?
- Do you know anyone who is really good at this?
- What do they do?
- What is one simple thing you could do today or tomorrow that would make a difference?
- How will you notice the effects? (Some people ask for feedback, and others prefer to notice carefully how it feels inside themselves and what the effect is on others.)

In the booklet written especially for the card set you have chosen, you will find a lot more information. It includes the purpose of this card set, its origins and practice base, things you should take into consideration before using the cards, and many creative ideas for using the cards. Please adapt the suggestions to the digital environment.

**Don't hesitate to call us for support
in using this digital resource.**



P: (03) 5446 0500

E: info@innovativeresources.org

w: innovativeresources.org

can-do Dinosaurs

28 full-colour cards for building vital conversations with children about important skills.

We are all skill builders.

It doesn't matter if we are 4 or 104—everyday we rely on a vast repertoire of skills.

Becoming a skill-builder 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 learn 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 worthwhile competencies and valuable habits.

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 two-wheeler without training wheels.

Of course there is no doubting the delight young people experience when they get the knack 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 undergirded 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 the need to stay safe (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 resides within.

Whatever our style and skills it is also worth remembering that unpracticed 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.

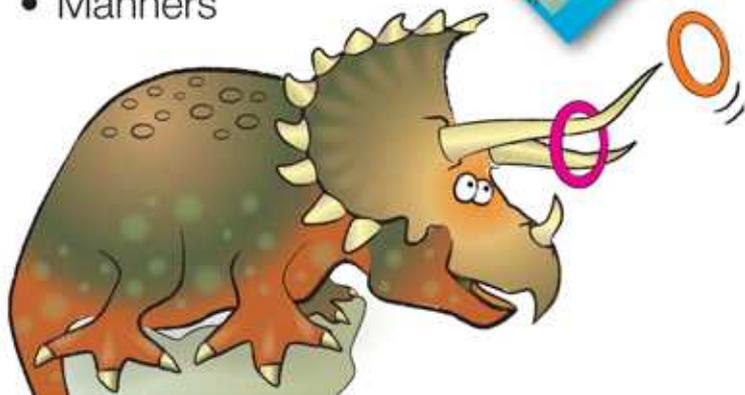
Can-Do Dinosaurs is a skill-teacher dressed up in Jurassic garb that can help adults guide children to explore:

- Safety
- Personal worth
- Self-reflection
- Responsibility for feelings
- Interrelationships
- Resilience
- Manners



Questions you might consider asking:

- Which card shows something you are really good at?
- Which card shows something you would like to learn?
- Who could help you learn that new skill?
- Can you find a card about staying safe?
- Who helps you to stay safe?
- Can you find a dinosaur with good manners (or: who is polite)?
- Can you find some dinosaurs being good friends?
- Can you find a feelings card?



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

1 Tell A Story

Ask the child or children to pick a card at random (or from cards spread out before them) and tell a story about a time they used that skill.

2 As An Icebreaker

Distribute two sets of cards around a group so that each person has to find the other person with the matching card and then share stories as above.



3 Spread and Stack

Once the cards are spread out they can be grouped and stacked in many different ways: the easiest/hardest to do/those that are done everyday/those still to be learned.

4 Lunch Box Therapy

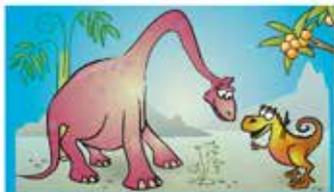
The *Can-Do Dinosaurs* stickers can be used by parents or teachers to remind children of their strengths and to let them know that you are thinking of them and wishing them all the best.

5 The Memory Game

Spread two sets of cards face down. Take turns to see who can turn over two matching cards and then tell a story about that particular strength and how it can be used to stay safe.

We also recommend the book *Kids' Skills* (B Furman, 2004, Innovative Resources, Bendigo Australia) for exploring skill building, changing adult attitudes to 'problem' kids and changing kids' attitudes to their challenges.

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.



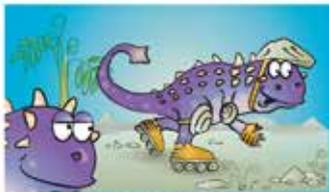
I can be kind.



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.



I can share.



I can stop.



I can tell others.



I can try.



62 Collins Street Kangaroo Flat
Victoria 3555 Australia
p: + 61 3 5446 0500 f: +61 3 5447 2099
e: info@innovativeresources.org
w: innovativeresources.org

ABN: 97 397 067 466
Anglicare Victoria trading as St Luke's Innovative Resources

First published as a card set in 2009. Digital version published in 2020.

© St Luke's Innovative Resources 2009

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, mechanical, photocopying, recording, or otherwise), without the prior written permission of the publisher.

ISBN: 978-1-920945-39-8

Concept development and text: St Luke's Innovative Resources
Illustration and design: Kate Northover

Innovative Resources is a not-for-profit publisher.
All sales support the services of Anglicare Victoria.

Can-Do Dinosaurs

Digital Version

Twenty eight full colour cards featuring a herd of delightful dinosaurs direct from the Jurassic era, but with an important message for children of all ages (and eras!)

We are all skillbuilders. From the day we are born we all need to keep learning new skills and put them into practice each day.

The *Can-Do Dinosaurs* can help children learn such important skills as:

- Being Safe
- Building Friendships
- Making Good Decisions
- Overcoming Fears
- Developing Confidence

...and even practicing good manners!



St Luke's
Innovative
Resources

w: innovativeresources.org