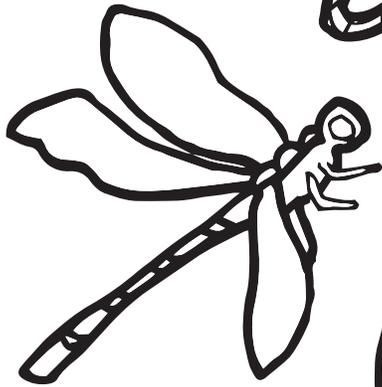


Dragon Training Challenge Packet



DRAAGONS

*Giant
Petailtail
Dragonfly*



*Flying
Dragon
Lizard*



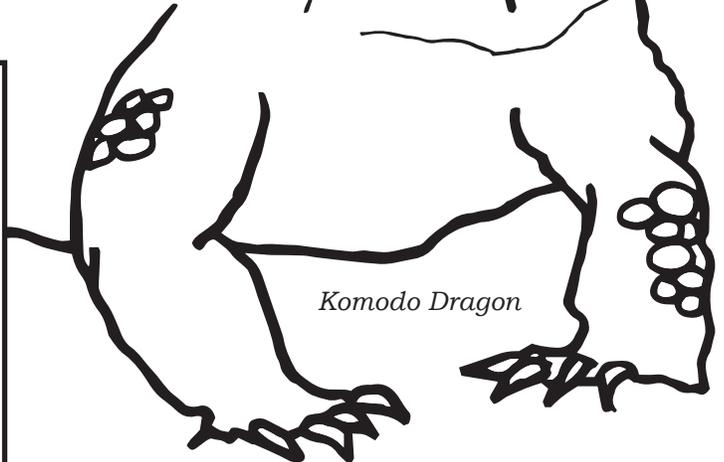
Dragonet



*Leafy
Sea
Dragon*



Komodo Dragon



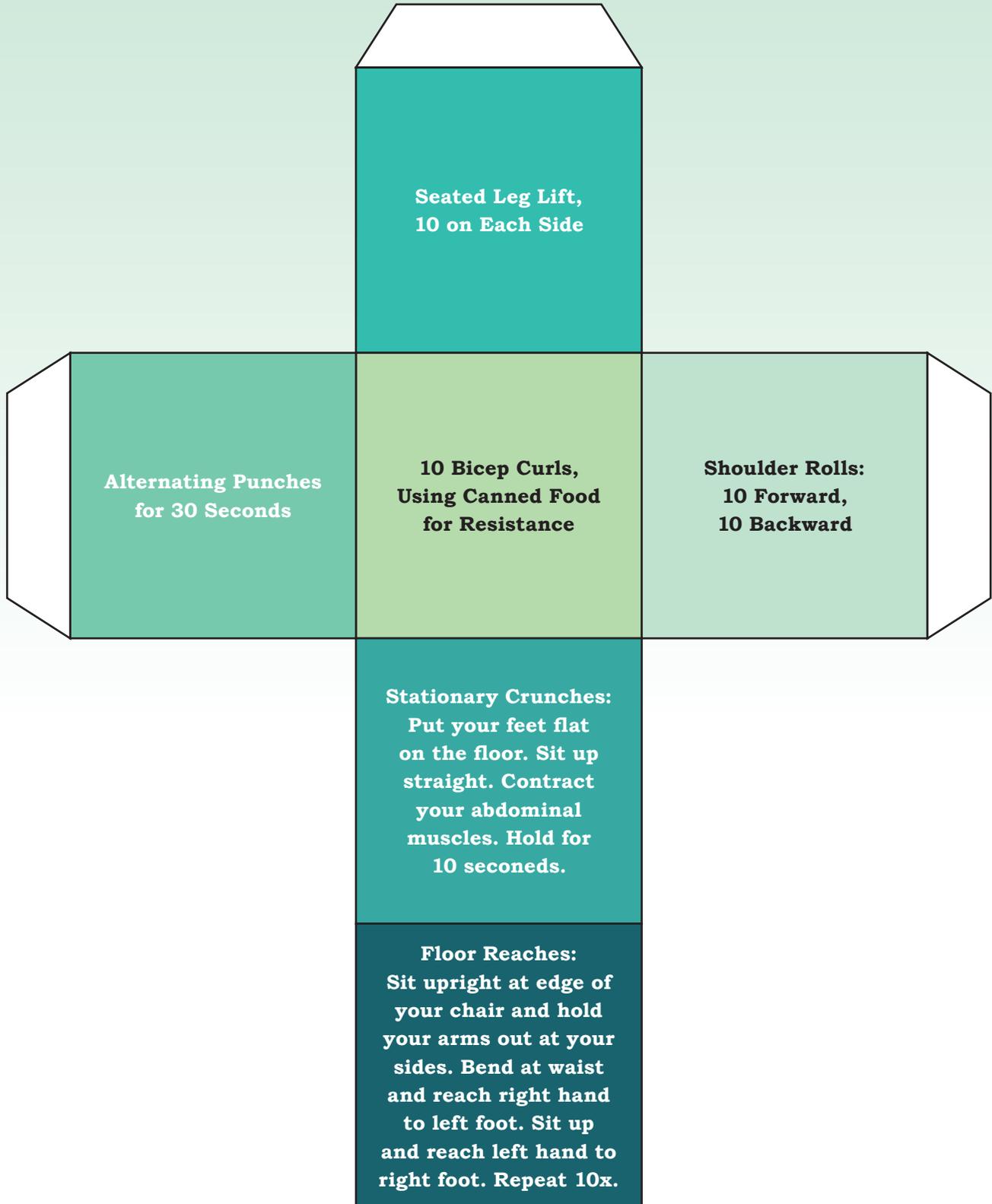
Created By:

*Sarah O., Amy O., Ana P.,
Ian R., Kristin S. and Liz W.*

of the

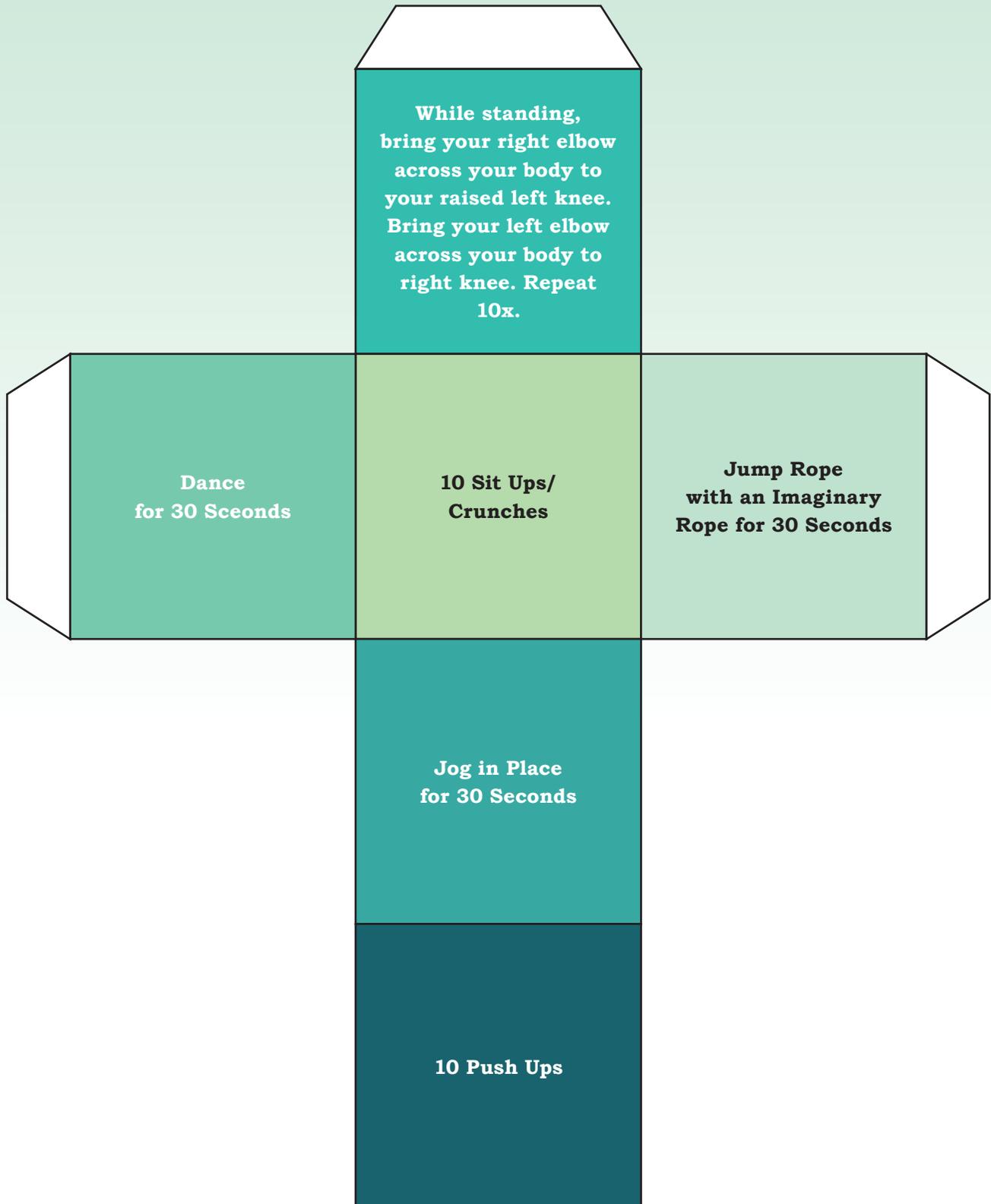


Seated Chair Dragon Workout



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Standing Dragon Workout



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Dragon Obstacle Course

Dragons are strong and agile, so their dragon trainers need exercise too. Challenge your family to stay fit and have fun by creating an obstacle course – here are some ideas!

1. Cross the Bridge to the Dragon's Lair: Set a board, series of boards, tape line or rope down on the ground and “walk the balance beam” by putting one foot in front of the other.

2. Tunnel to the Dragon's Lair: Make a tunnel to crawl through with two chairs, rope, and a blanket or sheet draped over the top.

3. Don't step on the Baby Dragons: Place a line of 10 small objects (rocks, small cardboard boxes saved from food packaging, toys) spaced about three feet apart. Zigzag around them or hop over them.

4. Your Dragon is Thirsty: Draw round bullseye targets using magic markers on coffee filters or paper towels. Tape the targets to a fence or tree trunk. Stand back and use a squirt toy filled with water to soak the targets. If you don't have a squirt toy, try water balloons or sponges soaked in water. Keep extra markers and paper towels or coffee filters handy to replace the targets as needed.

5. The Ground is Lava! Make some x-marks on the ground with tape in a random pattern a comfortable jumping distance apart. Jump from X to X, being careful

to land only on the X's, not on the ground in between!

6. Your Dragon is Hungry Beanbag Toss: Grab a bucket, empty box or laundry basket. Stand back and see if you can toss beanbags into it. No beanbags? No problem! Try Nerf balls, crumple newspaper into balls, or even folded socks (just make sure you use clean socks. No dragon wants to eat dirty socks! Yuck!)

7. Don't Wake the Sleeping Dragon: Place an old towel, one that it's okay to get dirty, on the ground. If you have a group of kids, a towel large enough for 3-4 of them to stand on will let them do the activity together. The space on the towel should be about 75% covered. If it's just one person, use a dishtowel. The towel is the dragon's blanket. The challenge is to turn the blanket completely over without stepping off it. If anyone steps off onto the ground before the towel is completely turned, replace the blanket and start over!

8. Don't Step on the Dragon's Drawing: Make a looping, free-form design by laying rope on the ground in a random pattern. Walk through the middle of it, being careful to step only in the spaces between the rope, not on the rope.

9. Dragon Fitness: Leave an empty space in your obstacle course. When you reach that space, roll the dragon fitness die included in this packet and do that activity.

10. Dragons love eating cheese sticks and Twizzlers: Hang a hula-hoop from a tree branch. Stand back and toss a pool noodle through the hoop. No hula-hoop? Tie rope or string in a “U” from the branch. No pool noodle? Roll up a sheet of newspaper from the long edge and secure it with rubber bands or tape, or tape a few empty paper towel rolls together.

11. Dragon Crawl: Place a yardstick on top of two boxes. Challenge yourself to crawl under the yardstick the way a komodo dragon walks: drop to all fours and move left arm, right leg forward at the same time; right arm, left leg forward at the same time. If you have a folding table, you can add extra fun by hanging balloons on strings from the underside of the table and crawling under them.

12. Dragon Lasers: In a hallway, use yarn or string and painter's tape to create a “web of laser beams.” Starting at one end, move carefully through to the other side without breaking the web! To move the activity outside, tie the string to rows of chairs, tables, tree branches, fence posts...

For an extra challenge, go through the course more than once. The first time through, everyone runs or jogs from challenge to challenge. The second time through, everyone skips between challenges; third time, take giant steps; fourth time, crab walk or hop on one foot, and so forth.

Dragon Video Workout

The library has some great dragon-themed movies! Make them interactive with some fitness dice.

Cut out and assemble one or all of the fitness dice included in the packet. Look at the list below and put a check mark next to 5-10 things. Anytime one of those things happens, roll the dice of your choice and do the activity that lands face-up.

- Dragon roars
- Dragon breathes fire
- Dragon flies
- Someone eats or drinks something
- Someone arrives at a village or town
- Someone meets a dragon
- The main character makes a choice
- Any character attempts a challenge
- Any character is afraid
- Someone is brave
- There is a battle
- Group of 3 or more people onscreen at once
- Group of 3 or more dragons onscreen at once
- Animal onscreen that is NOT a dragon

One of these objects is on the screen:

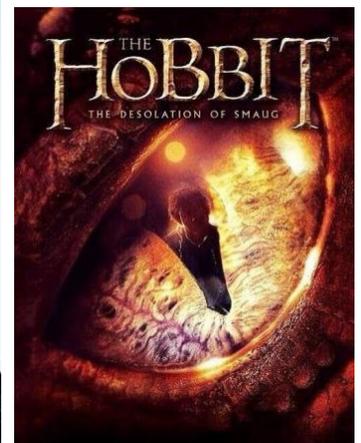
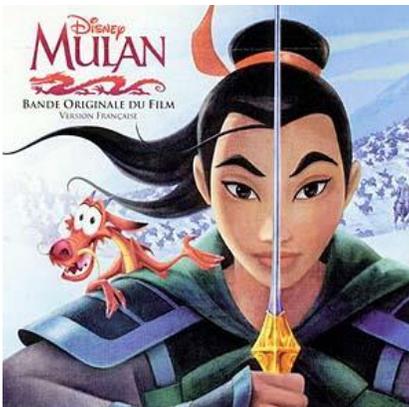
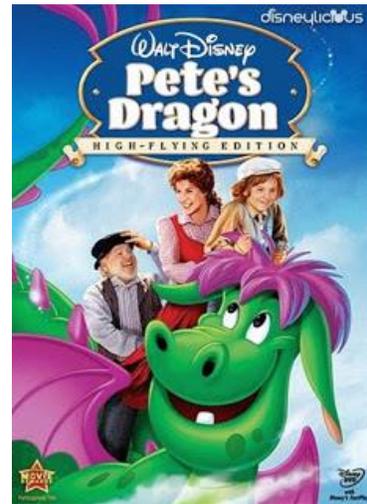
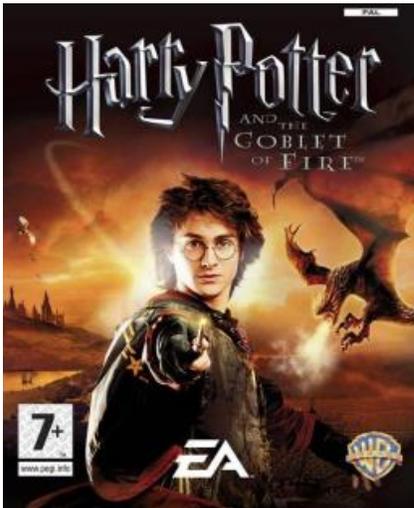
- Crown or other sign or person of royalty, a shield, a helmet, a sword, armor, or a castle
- Forest, a river, a mountain, an ocean or other wilderness
- Wand, a magical or enchanted object, a map



Movies Featuring Dragons

Movies featuring dragons:

- How to Train Your Dragon, PG
- Pete's Dragon, 1977 G; 2016 PG
- The Kid Who Would Be King, PG
- Maleficent, PG
- The Hobbit: The Desolation of Smaug, PG-13
- Harry Potter and the Goblet of Fire, PG-13
- Mulan, G



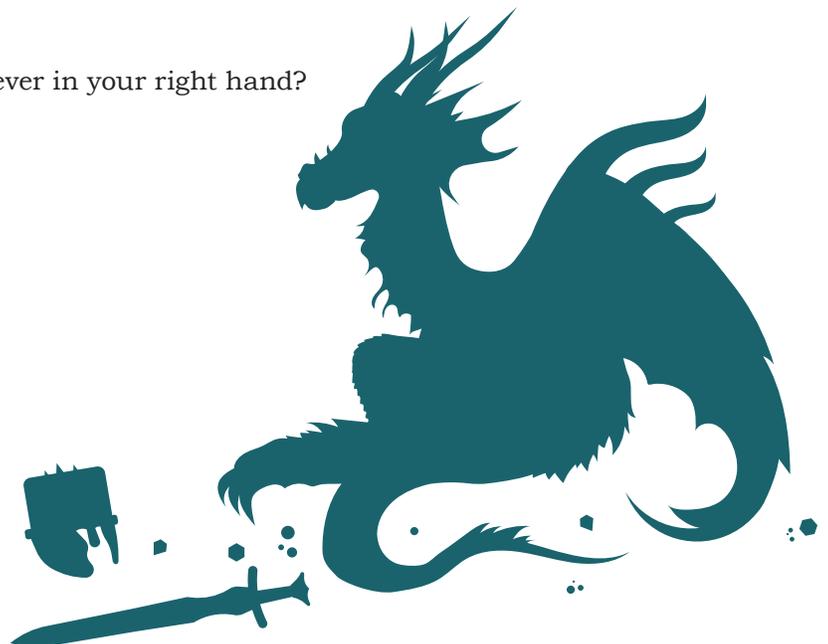
Dragon Riddles

Dragons are wise and clever! A good dragon trainer should ALWAYS have a supply of riddles to entertain their dragon and challenge their wits. See if you can solve these riddles:

1. I'm hard as stone, but I disappear in hot water. What am I?
2. I go up and I go down, I am blazing and hot! If you look right at me, you'll wish you had not. What am I?
3. I have hands but can't clap. I have a face but can't smile. What am I?
4. I am always there for you, following and copying everything you do. Space on the ground or a wall I may claim – tell me, do you know my name?
5. Which is heavier, a pound of gold or a pound of dragon scales?
6. What word is spelled incorrectly in the dictionary?
7. How many months in the year have 28 days?
8. I wax and I wane, growing full and round even though I haven't eaten a thing! What am I?
9. There is a one-story cottage in the enchanted forest and everything in it is yellow. The walls are yellow, the doors are yellow, the rugs are yellow, the furniture is yellow. What color are the stairs?
10. What goes up but never comes down?
11. Two mothers and two daughters ate a snack. Everyone ate one apple, but only three apples were eaten. How was that possible?
12. What is the beginning of eternity, the end of time and space; the beginning of every end, and the end of every place?
13. What can you hold in your left hand, but never in your right hand?

ANSWERS:

- (1) Ice
- (2) The sun
- (3) A clock
- (4) Your shadow
- (5) They both weigh the same – 1 pound
- (6) Incorrectly (7) All the months have 28 days
- (8) The moon
- (9) There aren't any stairs – it's a one - story house
- (10) Your age
- (11) There was a grandmother, a mother and a daughter
- (12) The letter E
- (13) Your right elbow



Recipes for Dragons

Dragons have huge appetites! Dragon trainers need great **TEAMWORK SKILLS** to supply their dragons with plenty of nutritious, delicious food. Work with your team (your family) to fix and eat this delicious recipe together! Remember to get permission and help from your grown-ups and wash your hands before preparing food.

Guacamole de Pico de Gallo

Ingredients will depend on number of people.

1. **Three tomatoes**
2. **Two jalapeños**
3. **Half an onion**
4. **Cilantro**
5. **2 Avocados**
6. **Salt, pepper, and/or garlic salt**
(amounts are up to individual taste)
7. **One lime**
8. **Knife, cutting board, spoon, potato masher**

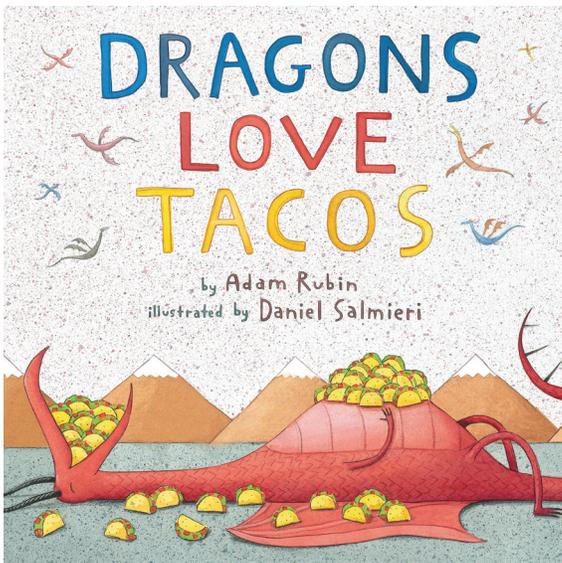


I like to start by dicing the onions, jalapeños and cilantro.

I leave the tomatoes for last because it helps take the jalapeño and onion smell off of your hands.

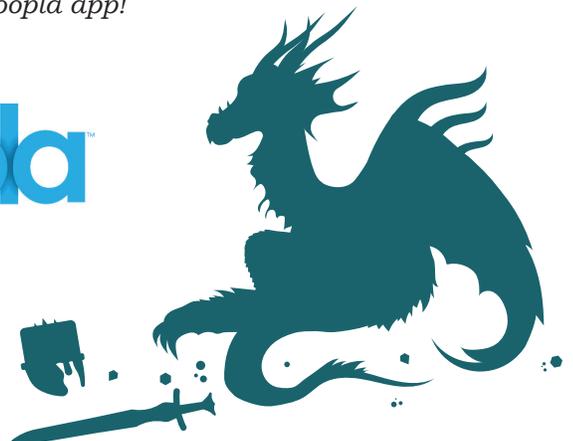
Next I cut the avocados in half and take out the avocado seed. I then scoop out the avocado and I place it in a bowl, then I put in salt, pepper and garlic salt to taste. I squeeze one lime, then I mix it around with my spoon.

I then use my potato smasher to make sure there are no clumps in the avocado. After that I gather all the vegetables that I diced and I put them in the avocado, using my spoon once again to mix up all the vegetables. I then taste and add more salt or pepper if needed. That's how you make guacamole with pico de gallo!



Celebrate this recipe with books like *Dragons Love Tacos* and *Dragons Love Tacos 2: The Sequel*. You can borrow these titles from the library's collection or access them digitally via the **hoopla** app!

hoopla



Which Mythical Dragon Are You?

Answer these questions about real animals to learn what mythical dragon you are.

1. Komodo dragons are the largest living reptile—they can be 10 feet long and weigh 300 lbs! Which of the Komodo dragons' attributes would you want?

- a. Sharp teeth and venomous saliva
- b. Beautiful tropic rainforest home in Indonesia
- c. Camouflage skills for hunting
- d. The nickname "King of the Lizards"

2. The flying dragon lizard from the rainforests of Southeast Asia doesn't really fly, but instead glides. How would you choose to fly?

- a. No flying thanks! I'd rather be a champion swimmer
- b. Using a state-of-the-art jet pack
- c. With my beautiful wings
- d. I need only my magic to fly

3. Bearded dragons are a lizard from Australia that are a popular pet. Its name comes from the ruff of spikes on its chin, which can change color to help the bearded dragon communicate. What color would your dragon spikes be?

- a. Shiny and reflective
- b. Glowing orange and red
- c. Shimmering pink and grey
- d. Dark like night sky, speckled with stars

4. The shocking pink dragon millipede and the giant petaltail dragonfly are just two of the insect species named for dragons. If you were a dragon, how would you feel about giant insects?

- a. They make a delicious snack!
- b. My defenses are so strong I wouldn't even notice bugs
- c. Some insects can fly and that's awesome!
- d. Insects are an important part of nature and should be respected

5. Dragonets may make you think of baby dragons, but they are really a small colorful fish with interesting patterns. What pattern would your scales be?

- a. Rolling waves
- b. Big splashes of color
- c. Stripes and polka dots
- d. Starbursts of speckles

6. The black dragonfish lives deep in the ocean and has photophores—light emitting organs that glow in the dark sea to help them communicate. How would you communicate if you were a dragon?

- a. I'd use my tail and only other dragons could understand the signs
- b. Smoke signals would help me communicate with others far away
- c. I'd sing using my beautiful voice
- d. My flashing lights would spell out a code

7. Leafy seadragons look like seahorses, but they're not the same species. They are experts at hiding, as their bodies look like seaweed and plants. If you were a dragon, how would you hide?

- a. I would never need to hide!
- b. I'd hide in a volcano! No one can follow me there.
- c. I wouldn't hide, I'd just fly away and escape any danger
- d. I'd blend in with the dark, so I only come out at night

Count how many of each answer you picked!

A_____ B_____ C_____ D_____

Did you get a tie between any of the answers? Answer this tie-breaker question, but you can only select between the letters tied for the highest number of answers. The answer you pick breaks the tie!

8. What's the best part of being a dragon?

- a. Being scary and fierce!
- b. Breathing fire!
- c. Flying!
- d. Being majestic and powerful!

If you picked:

Mostly As: You're a terrifying Ninki Nanka, springing from tales of Gambia in West Africa. You're a fierce creature with shiny, mirror like scales and you enjoy living in the swamp.

Mostly Bs: You're hot stuff! You're a Xiuhtli from Mesoamerican lore. The ancient Aztecs said you were a fire drag on who could withstand scorching heat.

Mostly Cs: As a Minokawa, you're flying high. You're a bird dragon of legends from the Philippines. You're said to be able to swallow the moon!

Mostly Ds: You shine like a star! You're the Azure dragon from Chinese myths. You're the dragon of Springtime and an ancient Chinese Constellation.

Paper Plate Dragon

Dragons are crafty and love to be around other dragons! A good dragon trainer makes sure their dragon is never lonely. Make a whole family of colorful, exotic paper dragons!

Craft shared with permission of www.pinkstripeysocks.com.

Materials: Paper plates, crayons, markers, paints, scissors, tape, glue or staples

1. Fold the paper plate in half and trace the dragon's body. You can draw your own or use the included template.



2. Cut out the dragon's body. Cut out the head and tail pieces from the leftover plate.



3. Fold down the wings, slide the neck and tail pieces between the body, and staple, glue or tape everything together.



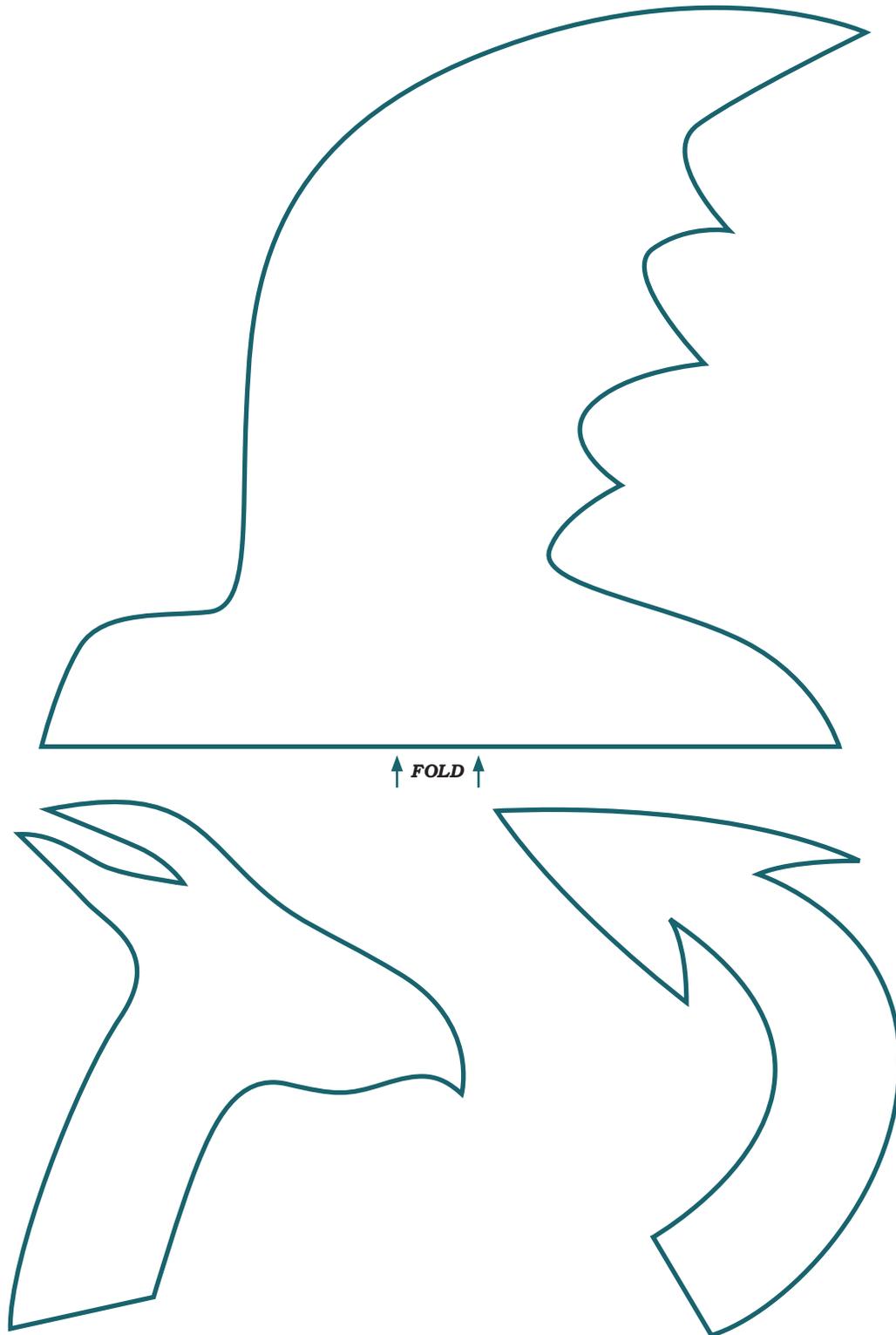
4. Use your favorite art supplies to decorate your beautiful dragon!



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Paper Plate Dragon

Only one plate needed!



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LET IT BE KNOWN THAT THIS

DRAGON TRAINING

CERTIFICATE OF COMPLETION

HAS BEEN AWARDED TO:

*To recognize exemplary skill, courage
and steadfastness in the noble and
ancient art of dragon care.*

Granted this _____ day of _____, 2020

