WATCH AT HOME NOW

DREAMWORKS

HOW TO TRAIN YOUR DRAGON

DRAGON TRAINING ACADEMY MANUAL

DREAMWORKS A COMCAST COMPANY

UNIVERSAL

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DRAGON TRAINER CHALLENGE

Do you have what it takes to be an official Dragon Trainer? Complete 2 of the following activities from each section and watch *How to Train Your Dragon* at home. Once complete, scan the QR code below to receive your certificate.

BECOME A VIKING

- ☐ Find Your Viking Name
- ☐ Create a Family Crest
- ☐ Design a Shield
- ☐ Create a Viking Ship

DRAGON 101

- ☐ Identify the Dragon Species
- ☐ Build a Dragon Nest

DRAGON RIDER TRAINING

- ☐ Deadly Nadder Hide & Seek
- ☐ Gronkle Dragon Tag
- ☐ Obstacle Course
- ☐ Strength Training

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SCAN FOR YOUR CERTIFICATE HERE ONCE COMPLETE

FIND YOUR VIKING NAME

DreamWorks HOW TO TRAIN YOUR DRAGON

Discover your Viking name by using the first letter of your name and your birthday month.

FIRST LETTER OF YOUR NAME

A	STRIKE	N	SCUTTLE
B	FLAME	O	RUMBLE
C	ROARING	P	NUT
D	WILD	Q	ZIPPLE
E	MONSTROUS	R	SOARING
F	BONE	S	GOBBER
G	VAST	T	THUNDER
H	SHIELD	U	NIGHT
I	HIDEOUS	V	SWIFT
J	TIDAL	W	CRACKLE
K	SPITE	X	SHARP
L	DEADLY	Y	FIERCE
M	WHISPERING	Z	SHADOW

YOUR BIRTHDAY MONTH

JANUARY	STOKER
FEBRUARY	TRACKER
MARCH	BLAZE
APRIL	NADDER
MAY	CHIEF
JUNE	FIRE
JULY	BOULDER
AUGUST	STORM
SEPTEMBER	TAIL
OCTOBER	GLIDER
NOVEMBER	WINGS
DECEMBER	MYSTERY

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CREATE A FAMILY CREST

SUPPLIES

- Paint, colored pencils, crayons or markers
- Glue
- Cardboard
- Paper
- Scissors
- Glitter

INSTRUCTIONS

1. Draw a large shield shape on a piece of paper.
2. Glue the piece of paper to your cardboard.
3. Draw a symbol that represents your family in the middle of your shield.
4. Decorate your crest with your favorite colors and glitter.
5. With help from an adult, cut out the shield shape from the piece of cardboard.
6. Hang your completed crest on the wall or refrigerator.

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DESIGN A SHIELD

SUPPLIES

- Cardboard
- Paper
- Scissors
- Paint, colored pencils, crayons or markers
- Glitter
- String
- Tape

INSTRUCTIONS

1. Cut your cardboard or paper into your preferred shape and cut a strip of cardboard for the grip.
2. Paint your shield background.
3. Paint symbols and shapes.
4. Tape both ends of the strip of cardboard creating a handle to hold your shield.

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BUILD YOUR OWN VIKING SHIP

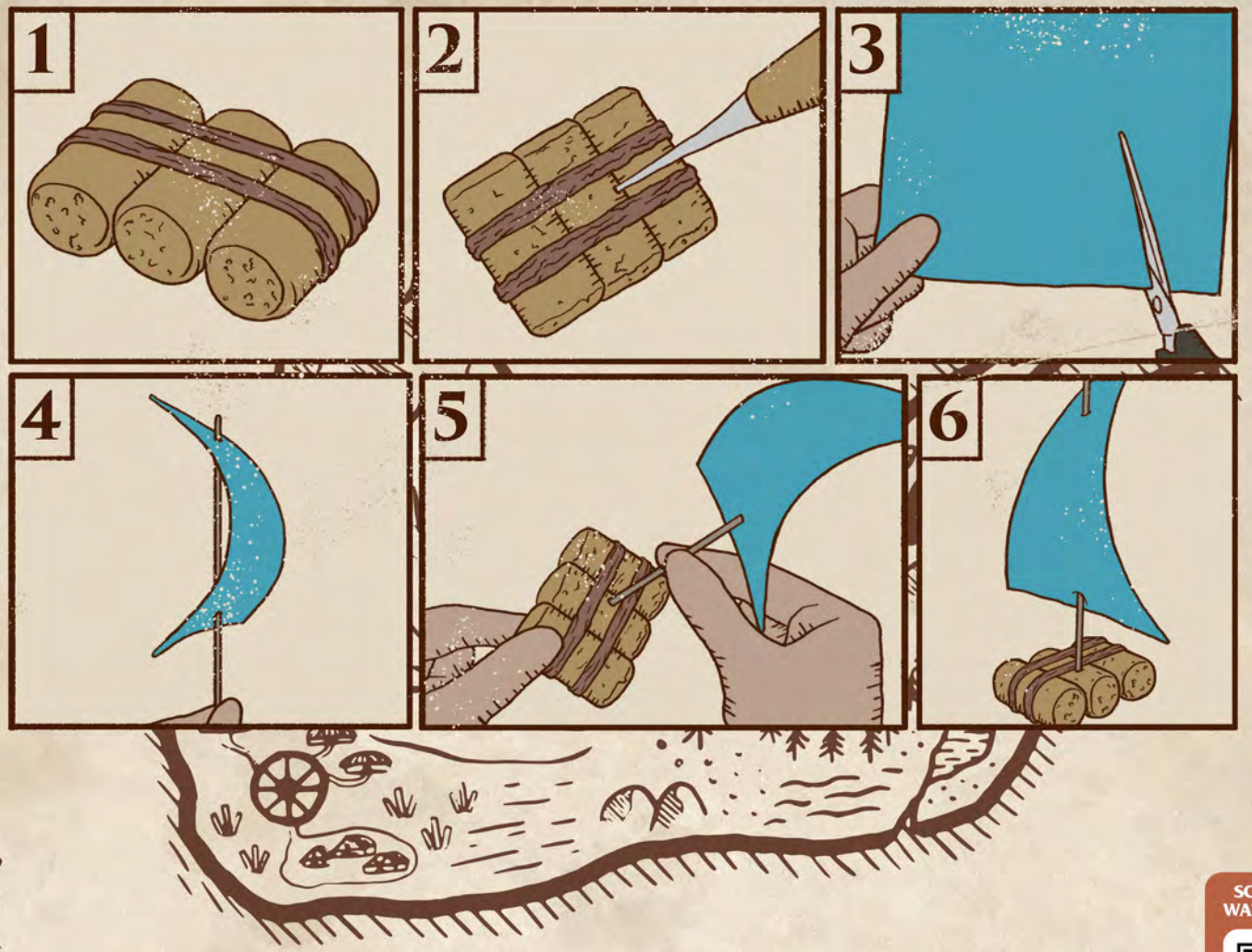
With the help of a parent or guardian, follow the steps to make your very own viking ship.

SUPPLIES

- 3 Corks
- Paper
- Scissors
- Twine
- 1 Wood Dowel

INSTRUCTIONS

1. Tie two strands of twine around all three corks.
2. With adult supervision, create a hole through the center cork for your sail.
3. With adult supervision, cut out your sail from the paper.
4. Poke the wood dowel through two holes in your sail.
5. Insert the wood dowel into the hole in the cork.
6. Ready to set sail!



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IDENTIFY THE DRAGON

Go to www.welcometoberk.com and navigate to The Arena to learn about each dragon species. Match the dragon to its species name. You may notice one species isn't studied by the recruits.

Night Fury | **Gronckle** | **Deadly Nadder** | **Monstrous Nightmare** | **Hideous Zippleback**

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BUILD A DRAGON NEST

SUPPLIES

- Pillows
- Blankets
- Chairs

INSTRUCTIONS

Create a cozy place for you and your dragon to rest and watch *How to Train Your Dragon* at home.

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DRAGON RIDER TRAINING

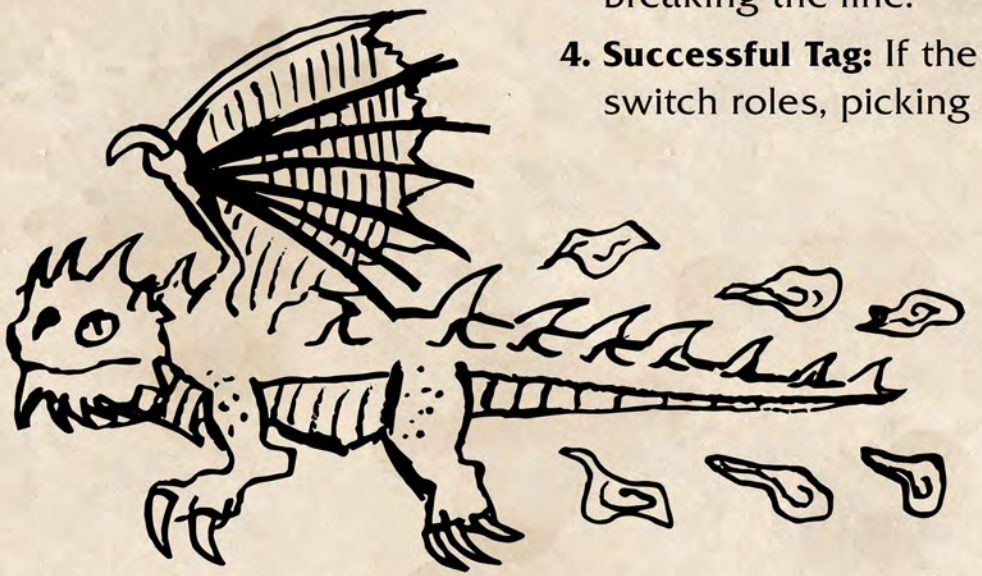
Complete 2 of the 4 activities on the next 2 pages to become a fit dragon rider.
Dragons have different senses, so you need different skills to work with them.

DEADLY NADDER HIDE & SEEK

1. Find a large open room.
2. Choose a player to be the Deadly Nadder (seeker) and have them wear a blindfold.
3. All remaining players must pick a spot in the room to “hide” while the Deadly Nadder counts to 10.
4. Once the count is up, the Deadly Nadder must seek the other players, using sound to find them.

GRONCKLE DRAGON TAG

1. **Form the Dragon:** Players stand in a straight line, the player at the front is the head, the player at the end is the tail, and all other players are the body.
2. **The Head's Goal:** The head tries to tag the tail without breaking the line.
3. **The Body's Role:** Players in the middle of the line try to stop the head from tagging the tail without breaking the line.
4. **Successful Tag:** If the head tags the tail, the players switch roles, picking a new head and tail.



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DRAGON RIDER TRAINING

OBSTACLE COURSE

Work on your agility by creating a course with materials at home to jump, run, and duck.

Supplies: Pillows, Sticks, Jump Rope, Boxes, etc.

Instructions:

1. Set up your supplies along the ground.
2. Create different paths to navigate around your supplies (Ex. Weave around 5 sticks, jump over boxes, only let one foot touch each pillow).
3. Go through your obstacle course.

STRENGTH TRAINING

- ☐ **Run 5 laps.** Work on your running to be ready to run and jump on your dragon.
- ☐ **Do 5 push-ups.** Create good arm strength to be able to hold on to the saddle of your dragon.
- ☐ **Do 5 sit-ups.** Get a strong core to balance as your soar through the sky with your dragon.

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COLOR IN

Color in the picture to help bring Hiccup and Toothless to life!

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COLOR IN

Roar and soar with Hiccup and the dragons by coloring in the picture below.

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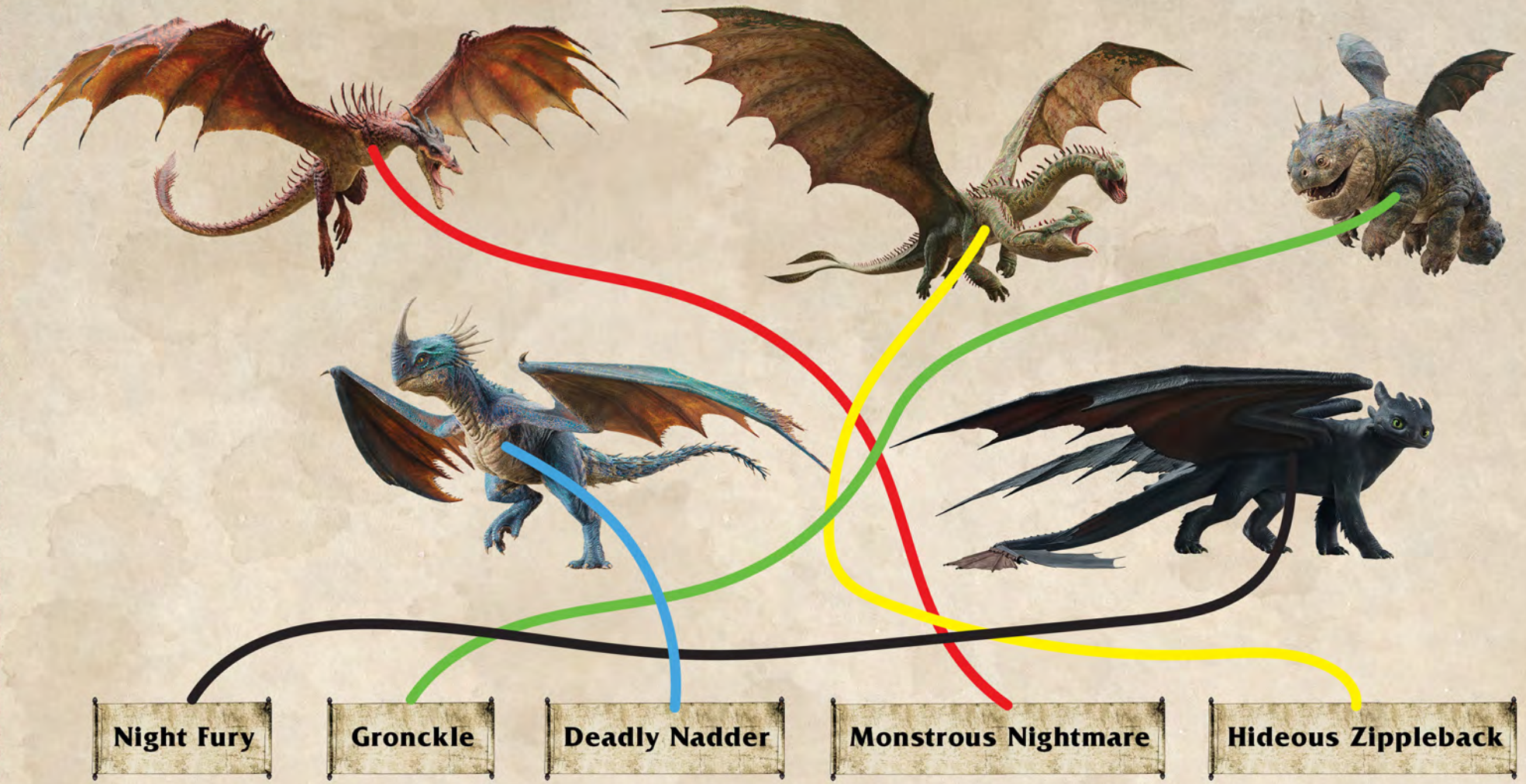
ANSWER



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