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## NEWS RELEASE

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# Dragon Discovery at the Sacramento Zoo

Experience the Mythical Adventure of a Lifetime this Winter

(Sacramento, CA) -- This winter break, make sure to bring the entire family to experience Dragon Discovery at the Sacramento Zoo. For thousands of years, dragons have captured the imagination of cultures around the world. From the fire-breathing dragons of Europe to the silent killers of Africa and the ocean's serpent kings, 14 animatronic dragons have converged on the Sacramento Zoo.

Now through February 26, steel your courage and venture into the mystical world of Dragon Discovery at the Sac Zoo! Experience more than a dozen towering animatronic dragons from all corners of the globe and learn how some zoo animals carry traits similar to these mythical creatures of lore.

The exhibit is generously sponsored by First 5 California and is free for all ages with the price of Zoo admission!

"We are excited to partner with the Sacramento Zoo in launching First 5 California's Dragon Song campaign alongside their Dragon Discovery exhibit. Through the Dragon Song campaign, we hope to provide families and kids with a fun experience that can be educational and interactive while helping to provide families with a tool to address big emotions," said Jackie Thu-Huong Wong, First 5 California Executive Director.

The family-friendly Sacramento Zoo is the perfect place to let imaginations run wild with Dragon Discovery and to share First 5 California's message for parents and caregivers of young children. The goal of F5CA's Dragon Song campaign is to demonstrate to parents and caregivers of children ages 0-5 how to model a fun breathing technique in the form of a dragon roar to help children self-soothe when experiencing stressful emotions that may show up as tantrums. By showing caregivers how to teach children to self-regulate emotions, they can be better equipped to support the fight-or-flight response that children often experience with certain stressors.

When you visit the Sacramento Zoo this holiday season, you'll not only learn about the Dragon Song, you'll see the more than 400 amazing animals that call the zoo home, AND experience Dragon Discovery while enjoying a relaxed outdoor experience well-suited for the entire family. Don't miss it!

For more information and to purchase admission tickets, visit [saczoo.org](http://saczoo.org) today.

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#### **About the Sacramento Zoo**

The Sacramento Zoo is home to more than 400 native, rare and endangered animals and is one of more than 200 accredited institutions of the Association of Zoos and Aquariums. The Zoo inspires conservation awareness and action through exceptional animal care, education and recreation, and it welcomes an average of 500,000 visitors a year. The Sacramento Zoological Society formed in 1958 to support and raise funds for the zoo that was created in 1927 in William Land Park. In 1970, the Sacramento City Council adopted the name "Sacramento Zoo." And in 1997, as city funding continued to decrease, the Sacramento Zoological Society assumed responsibility for the Zoo's management and the majority of its financial support. For additional information visit [saczoo.org](http://saczoo.org).

#### **About First 5 California**

First 5 California was established in 1998 when voters passed Proposition 10, which taxes tobacco products to fund services for children ages 0 to 5 and their families. First 5 California programs and resources are designed to educate and support teachers, parents, and caregivers in the critical role they play during a child's first five years—to help California kids receive the best possible start in life and thrive. For more information, please visit [www.cafc.ca.gov](http://www.cafc.ca.gov).

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