Leaping Love

We're Leaping For Love! With TWO fun DIY prop ideas, we will practice leaps in this Valentine's Day inspired dance and movement activity!

Recommended Props

- Heart Shaped Cut-Outs
- Ribbon Wand

*DIY instructions for both on the next page

Goals Of This Activity

- Practicing Leaps
- Posture & Balance
- Creativity

Recommended Music

- Valentine's Day Songs Of Your Choice

You Are My Sunshine is one of our favorites!

Dance Steps

Leap — Extending one leg and jumping off the floor with the other

Plie — "To Bend" - Bending the knees to lower the body

Chasse — "To Chase" One foot chases the other in a gallop or skip like movement

How-To

Step 1: Gather and/or make all your props. Please see the next page for our DIY instructions on making Heart Shaped Cut-Outs and Ribbon Wands!

Step 2: Arrange your heart shaped cut-outs around the room in pattern of your choice (each person can take a turn creating their pattern). Space them out about 1-2 feet apart. We'll call it our "Heart Trail"

Step 3: Pick a starting point and ending point on your Heart Trail. Place your ribbon wand at the end of your pattern/heart trail.

Step 4: Turn on your favorite Valentine's Day music and leap through your heart trail until you get to the end. Plie down to pick up your ribbon wand and chasse back to the beginning of your trail.

Step 5: Repeat taking turns with your family and friends!

DIY Props

Make Your Own Props!

How To

♥ Heart Shaped Cut-Outs

Print out and cut out our heart shaped props from the next page! You can glue them onto thicker paper or cardboard or leave them the way they are

♥ DIY Ribbon Wand:

What You'll Need:

Thin Wooden Dowl

Satin Ribbon

Eye Hook

Scissors

Washi Tape (optional)

1. Take your eye hook and screw it into the top of your wooden dowl
2. If using washi tape, wrap it all around the dowl of your wand
3. Cut your ribbon into 12" strips and thread it through your eye hook
4. Tie a knot with your ribbon at the top of the eye hook
5. Ta-Da - a beautiful ribbon wand for your little ballerina!

Print Me And Cut Me Out!