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Trio/ Mommy & Me Combo

6 Week Curriculum

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Class Description

Ice Breaker (5 minutes)	Circle Time (5 minutes)	Stretching (10 minutes)	Activity (10 minutes)	Themed Free Dance (5 minutes)	Good-Bye/ Warm-Down (5 minutes)	Props/Notes
<p>Allow time for moms and tots to get acquainted with the dance space. Having various props such as scarves, wands, bouncy balls, etc for the kids to play with helps them “break the ice” and get comfortable with the space.</p> <p>Having this time before beginning also helps if anyone was to arrive a little late. Little ones don’t participate as well if they are coming into class after it begins.</p>	<p>Gather moms and tots to the center forming a circle and sitting on the ground in criss cross apple sauce. (sitting on bottom with feet and knees bent into body like a pretzel like shape)</p> <p>Go around the room, beginning with Instructor, having everyone introduce themselves and their children.</p> <p>Asking a fun question, each, class will help to add that personal touch, getting to know each mom/tot pair better.</p>	<p>Beginning with stretches is very important to each class. Explain why stretching before we dance is important – it helps us prevent injury and warms up our muscles for our fun activity.</p> <p>To create consistency in each class but to add a bit of variety use the TwinkleToes Mix & Match standing and sitting stretches for each class.</p>	<p>After stretching, move to activity. Have it already set up, if any set up is required.</p> <p>EXPLAIN- tell the pairs what the activity entails</p> <p>SHOW – teach/ demonstrate how the activity will be completed</p> <p>INVITE – Invite the moms and tots to pair up and participate in the activity</p>	<p>Each week, after our main activity, our moms and kiddos will get to bring their imaginations to life while singing and dancing to some of their favorite soundtracks such as Beauty & The Beast, Cars, Aladdin, and of course – Frozen!</p>	<p>Gather everyone back to the circle for our good-bye song – invite everyone to sing and dance along.</p> <p>After the good-bye song, transition into our warm-down. Have moms and tots lie on their backs, on the floor or sit facing one another. Play a sleepy time song and have them pretend to sleep. This helps to calm them down after the activity and show that class is coming to an end.</p> <p>Thank everyone for coming and invite them to play and mingle a few minutes after class.</p>	<p>This section will contain prop suggestions for that class. They are simply recommendations for what we believe to be a great fit for the activity but you may interchange your props or add new ones.</p>

Happy Feet (Trio Activity)

Ice Breaker (5 minutes)	Circle Time (5 minutes)	Stretching (10 minutes)	Activity (15 minutes)	Themed Creative Dance (5 minutes)	Good-Bye	Props
<p>Mingle and Play Time</p> <p>Have different props and/or toys out on the ground or a table for the children to play with before class begins. Music is also great to have playing as everyone is coming in and getting settled.</p> <p>Invite the moms to have a seat if they are viewing the class.</p>	<p>Gather all the children into the dance space to form a circle.</p> <p>Introduction – go around the circle and have each student say their name, their age and something super cool they want us to know. *If you notice a student is struggling to think of something, here are some suggestions:</p> <p>What is your favorite color?</p> <p>What is your favorite Summer activity?</p> <p>If you could be an animal, what animal would you be?</p>	<p>Head to toes stretch Independent (standing)</p> <p>Floor stretch Independent (sitting)</p> <p>For stretches – Review Mix & Match Stretches on Portal.</p> <p>New Stretch:</p> <p><i>Standing Toe Touches</i></p> <p>Standing with feet together and hands down by your side, slowly reach your hands down to touch your toes. Hold and slowly rise back up. (Repeat 3 times)</p>	<p>Happy Feet</p> <p>Explain: Today we are going to be introduced to the Trio, a combination of Ballet, Jazz, and Tap. We will learn technique and steps from each genre of dance. Once we have learned each step, we will take turns picking a dance flash card and demonstrate the step we picked to the class.</p> <p>Show: One at a time, demonstrate each of the dance steps from the Trio.</p> <p>Invite: Invite the children to follow you as you go through each of the steps.</p>	<p>Theme: Freeze Dance</p> <p>Recommended Song: Any upbeat song</p> <p>Prop: Wands, hats, scarves</p> <p>Encourage little ones and moms to bring their imaginations to life by using creative movement during our free dance. Offer options for steps to help them create their own movements.</p>	<p>Gather everyone back into the circle to sing the Good-Bye song</p> <p>Courtesy & Bow – Before ending each class, it's great to show appreciation by doing a courtesy (girls) or Bow (boys)</p> <p>After the good-song, it's always fun to gather the kids back into the circle and review what they learned that day. By reviewing the lesson, this helps them to remember the activity once they get home.</p>	<p>Activity: Dance Flash Cards (see template)</p> <p>The cards can be sent home with children for practice or collected and reused for future classes using this activity.</p> <p>Free Dance: Wands, hats, scarves</p>

Happy Feet Successful Class & Activity Notes

Activity: Happy Feet, The Introduction to Ballet, Jazz, and Tap

This activity is designed to be the introduction into your Trio classes. During this class your students will learn one Ballet, Jazz, and Tap step along with brief descriptions of what each dance genre is and how it originated.

To begin the activity, have each student find their own personal dance space. You may begin with any of the Trio options listed below. First we will list the genre to the students, give a definition, and then we will move into teaching the step from that type of dance.

The Activity

Ballet

What is Ballet? (Ask your students if they have ever heard of ballet)

Definition: Ballet originated far, far away in Italy. It is steps and movements that are both light and graceful

Ballet Step: *Plie* – plie is one of the basic beginning steps of ballet, it simply means bent knee

Demonstrating the Plie:

1. Stand with feet together and arms down by your side (closed book as we like to say in TwinkleToes)
2. Open your feet (open book) to look like a piece of pizza (you may need to help position the children's feet for the first few times as they are learning)
3. Keeping arms down by your side, bend your knees out to the side making a diamond shape with your legs.
4. Now, add in arms and repeat. Bring arms up and round them as though you are holding a beach ball. Finger tips should be aligned with your belly button

Note: While positioning your students feet, be sure to not over extend or over do what their little feet are capable of doing. Also, for balance, have them hold onto a chair or wall

Jazz

What is Jazz?

Definition: Jazz dance is a type of dance loved all over the world. It has many different ranges of dance styles that has fun and energetic moves and fancy footwork.

Jazz Step: Jazz Walk – Jazz Walks can be done differently by each dancer but are a fun and basic beginning step to Jazz

Demonstrating the Jazz Walk:

1. Have each student standing in their own dance space with enough room and space to move forward
2. Practice a normal every day walk, walking forward
3. Go back to spaces and practice Jazz Walk
4. Take one step forward and drag your back foot, then step forward with that foot and drag their other foot forward
5. You can do the Jazz Walks slow and then a little faster as you perfect them

Note: After learning the feet, add in fun Jazz arms that swing up and around as you take each step forward

Happy Feet Successful Class & Activity Notes

TAP

What is Tap? (ask your students) Do you know what sound tap shoes make?

Definition: Tap is a dance performed wearing super fun shoes with fitted metal taps on the front and back of the shoe.

Dance Step: Shuffle – Shuffle is performed by standing with your feet together, bending one knee back and brushing the toe forward and alternating with each foot

Demonstrating the Shuffle:

1. Begin by standing with both feet together
2. Brush one foot forward, then backwards, then back to beginning stance
3. As you demonstrate the step, it helps to say SHU-FFLE as you move your feet and break it up into two steps
4. SHU – Brush to the front
5. FFLE – Brush to the back and down to beginning stance

After you have learned all three of the Trio steps, have the children sit down. Have each student take a turn coming up to pick a flashcard. Each flashcard will list one of the three steps: Shuffle, Plie, or Jazz Walk. You may have to help some of our younger students read their card. Ask them if they can now demonstrate their step to the class. If they need help or seem shy, it helps to do the step with them. Have the students clap for one another after demonstrating to help encourage their self-esteem with the new steps.

Free/Themed Dance: Freeze Dance

Playing a fun, upbeat song, have the students free dance. Pause the music for them to freeze in a dance position and then start it back up for them to continue dancing.

Good- Bye Song

Courtesy (girls) or Bow (boys)

Treats, Stickers, Etc

Flashcards:

1. Flash Cards attached
2. You'll want to print a few copies of each to have extras and allow students to take their cards home
3. Print front on card stock for a sturdier card (optional but recommended)

Happy Feet Lesson Notes

Plié

Shuffle

Jazz Walks

Plié

Shuffle

Jazz Walks

Hula Hoop Twister (Trio Activity)

Ice Breaker (5 minutes)	Circle Time (5 minutes)	Stretching (10 minutes)	Activity (15 minutes)	Themed Creative Dance (5 minutes)	Good-Bye	Props
<p>Mingle and Play Time</p> <p>Have different props and/or toys out on the ground or a table for the children to play with before class begins. Music is also great to have playing as everyone is coming in and getting settled.</p> <p>Invite the moms to have a seat if they are viewing the class.</p>	<p>Gather all the children into the dance space to form a circle.</p> <p>Introduction – go around the circle and have each student say their name and their age.</p> <p>Fun class question:</p> <p>Do you love to dance? If you could create your own dance move, what would it look like? (Have each student take about 15-30 seconds to stand up show their dance step)</p>	<p>Head to toes stretch (standing)</p> <p>Floor stretch (sitting)</p> <p>For stretches – Review Mix & Match Stretches on Portal.</p> <p>New Stretch:</p> <p>Cat Stretch</p> <p>Placing hands and knees on the ground (on all fours like a kitty cat), arch your back up to the sky (hold for a 3 seconds) then relax. Repeat a few times.</p>	<p>Hula Hoop Twister</p> <p>Explain: In today's class we are going to have fun using different dance steps while playing a super fun game, Hula Hoop Twister!</p> <p>Show: Demonstrate how the activity will work (see notes for details)</p> <p>Invite: Round the students up to learn the dance steps and then incorporate them into the hula hoop twister activity.</p>	<p>Theme: Summer Hula Fun</p> <p>Song Recommendation: Hula Hop</p> <p>Prop: Hula Hoops from activities (if you have more students than hula hoops, use one and have them each take turns using it as a prop during the dance)</p>	<p>Gather everyone back into the circle to sing the Good-Bye song</p> <p>Courtesy & Bow – Before ending each class, it's great to show appreciation by doing a courtesy (girls) or Bow (boys)</p> <p>After the good-song, it's always fun to gather the kids back into the circle and review what they learned that day. By reviewing the lesson, this helps them to remember the activity once they get home.</p>	<p>Activity: 4-6 Hula Hoops</p> <p>12 pieces of construction paper in 6 different colors (one of each color for you to hold onto and one of each color to set down with your hula hoops)</p> <p>Recommended Construction Paper Colors:</p> <p>Red Green Blue Purple Yellow Orange</p> <p>Free Dance: Hula Hoop</p>

Hula Hoop Twister Successful Class & Activity Notes

Activity: Hula Hoop Twister

Hula Hoop Twister is an activity that incorporates both a super fun childhood game along with dance step technique. Before doing the game, we will learn and practice a few new dance steps that we will encourage the students to use during Hula Hoop Twister.

New Dance Steps : (Demonstrate each step as you define it)

Chasse (meaning “To Chase”) – This is a fun and versatile step used in many different genres of dance plus it’s lots of fun to say! A Chasse is simply done by bending both your knees and sliding your legs moving in a forward direction and springing into the air and your feet meeting in the air. It is very similar to a gallop. Using a gallop to demonstrate a Chasse is sometimes helpful in the beginning as our little dancers are learning the step.

Walking Knee Bends – Walking knee bends can be done slow or fast paced. As you step forward or backward, bend both knees during each step. Step and bend, step and bend. Sometimes it helps to say the dance steps as you do them.

Slide Step – The slide step can be done moving forward, backward, or side to side. Simply slide to the direction you want to go and then “step” by placing the foot that is following your leading foot on the ground. Repeat.

Hula Hoop Twister Activity:

1. Place your hula hoops around the room with one piece of colored construction paper in each hula hoop (1 piece of paper per hoop)
2. Turn on a fun song and have your students begin moving around the room and around the hoops using the new dance steps they just learned.
3. Pause the music, hold up one of your pieces of construction paper, and have the students run to the matching color hoop.
4. After they have caught on to the idea of the game, try adding in some directional terms when you pause the music listed below:

- ✓ Right foot on green
- ✓ Left foot on red
- ✓ Right hand on yellow
- ✓ Left hand on purple
- ✓ Both feet on blue

Note: If you use directional terms, be sure to review left and right extremities with the students before beginning. As you pause and restart the music, to help encourage the kids to use the new dance steps, call a different step out each time for them to do before the music pauses again.

Hula Hoop Twister Successful Class & Activity Notes

Free/Themed Dance: Summer Hula Fun

Dance step options you can use to help encourage creative movement using the hula hoop(s).

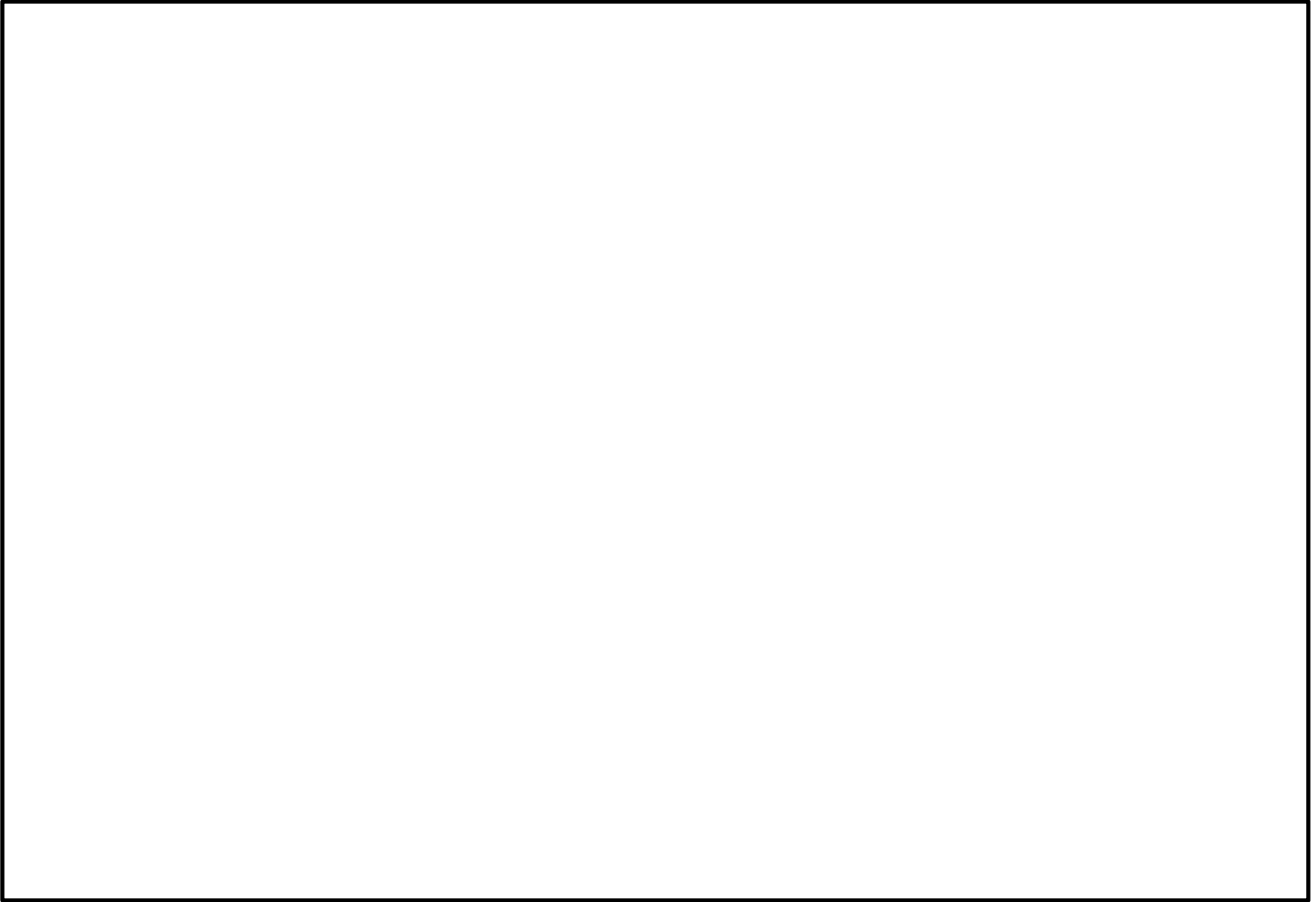
- ✓ Holding hoop in front of you and tapping your toes through the hoop
- ✓ Having hoop on the ground and jumping in and out of the hoop
- ✓ Dancing around the hula hoop on the ground
- ✓ Holding hula hoop in front of you and moving hips left and right (shake, shake, shake)
- ✓ Trying to hula with the hoop
- ✓ If smaller hula hoops, you can twirl around your arms

Good – Bye Song

Courtesy (girls) or Bow (boys)

Treats, Stickers, Etc

Hula Hoop Twister Lesson Notes

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Tippy Toes & Chainé Turns

Ice Breaker (5 minutes)	Circle Time (5 minutes)	Stretching (10 minutes)	Activity (15 minutes)	Themed Creative Dance (5 minutes)	Good-Bye	Props
<p>Mingle and Play Time</p> <p>Have different props and/or toys out on the ground or a table for the children to play with before class begins. Music is also great to have playing as everyone is coming in and getting settled.</p> <p>Invite the moms to have a seat if they are viewing the class.</p>	<p>Gather all the children into the dance space to form a circle.</p> <p>Introduction – go around the circle and have each student say their name and their age.</p> <p>Fun class question:</p> <p>Where is your favorite place to dance?</p> <p>Ideas to help them have some choices:</p> <p>Kitchen Bedroom In the car Outside</p>	<p>Head to toes stretch (standing)</p> <p>Floor stretch (sitting)</p> <p>For stretches – Review Mix & Match Stretches on Portal.</p> <p>New Stretch:</p> <p>Hand Movement Walks</p> <p>Standing with feet together and arms up in the air, shake hands (Jazz Hands) while taking two steps forward. Repeat same walk with hands moving left, right, backwards.</p>	<p>Tippy Toes & Chainé Turns</p> <p>Explain: Today we are going to practice our balance by walking on our tippy toes AND we are going to learn a fun ballet turn, the Chainé Turn.</p> <p>Show: See notes for Demonstrating the two steps in the activity.</p> <p>Invite: Have the students form a line across the room (standing, spaced out, beside one another). Invite them to join in doing the steps along with you.</p>	<p>Theme: Happy</p> <p>Song Recommendation: Happy by Pharell Williams</p> <p>Prop: Any fun prop such as a hat, ribbon wand, hula hoop, sun glasses, etc. (You could even have a little basket of miscellaneous props for each child to pick their own prop)</p>	<p>Gather everyone back into the circle to sing the Good-Bye song</p> <p>Courtesy & Bow – Before ending each class, it's great to show appreciation by doing a courtesy (girls) or Bow (boys)</p> <p>After the good-song, it's always fun to gather the kids back into the circle and review what they learned that day. By reviewing the lesson, this helps them to remember the activity once they get home.</p>	<p>Activity: A Bright colored piece of construction paper, card board, or a prop that can be easily spotted during turns such as a stuffed animal, ballet slipper/tap shoe, etc</p> <p>Free Dance: Any fun prop such as a hat, ribbon wand, hula hoop, sun glasses, etc. (You could even have a little basket of miscellaneous props for each child to pick their own prop)</p>

Tippy Toes & Chainé Turns

Successful Class & Activity Notes

Activity: Tippy Toes & Chainé Turns

Tippy Toes & Chainé Turns is a wonderful activity that helps to practice and promote balance.

The Activity

New Dance Steps:

Tippy Toes – Walking on the tops of the toes across the floor

After defining and demonstrating Tippy Toes, have each student line up and practice walking on their tippy toes across the floor. If you have tape or a jump rope, it's fun to use it to mark the floor and have the students pretend they are walking the tightrope. For help with balance, arms can be placed out to the side or in first position ballet arms.

Chainé Turns – (meaning chain or link) a ballet step performed by turning in a forward direction on the tippy toes.

Spotting A Turn – Spotting is used by dancers to control a turn. It means the body and the head rotate during the turn at different times (body first and head follows). As the head turns it maintains contact with the object the eyes are spotting.

After defining and demonstrating the Chainé Turn and Spotting A Turn, have each student line up to practice across the floor. This is where your prop will come into play as you stand on the other side of the room and have them spot the prop as they turn. Once you have held the prop for each student, have them repeat the across the floor activity but this time they will hold the prop for their classmates.

Note: During your demonstration of the Chainé Turn, it helps to review spotting a turn with the students. You may also repeat the Tippy Toes and Chainé Turn activity multiple times. Not only will the kiddos love doing the steps again but the repetition helps with memorization of the three definition and steps we learned during this class.

Free/Themed Dance: Happy

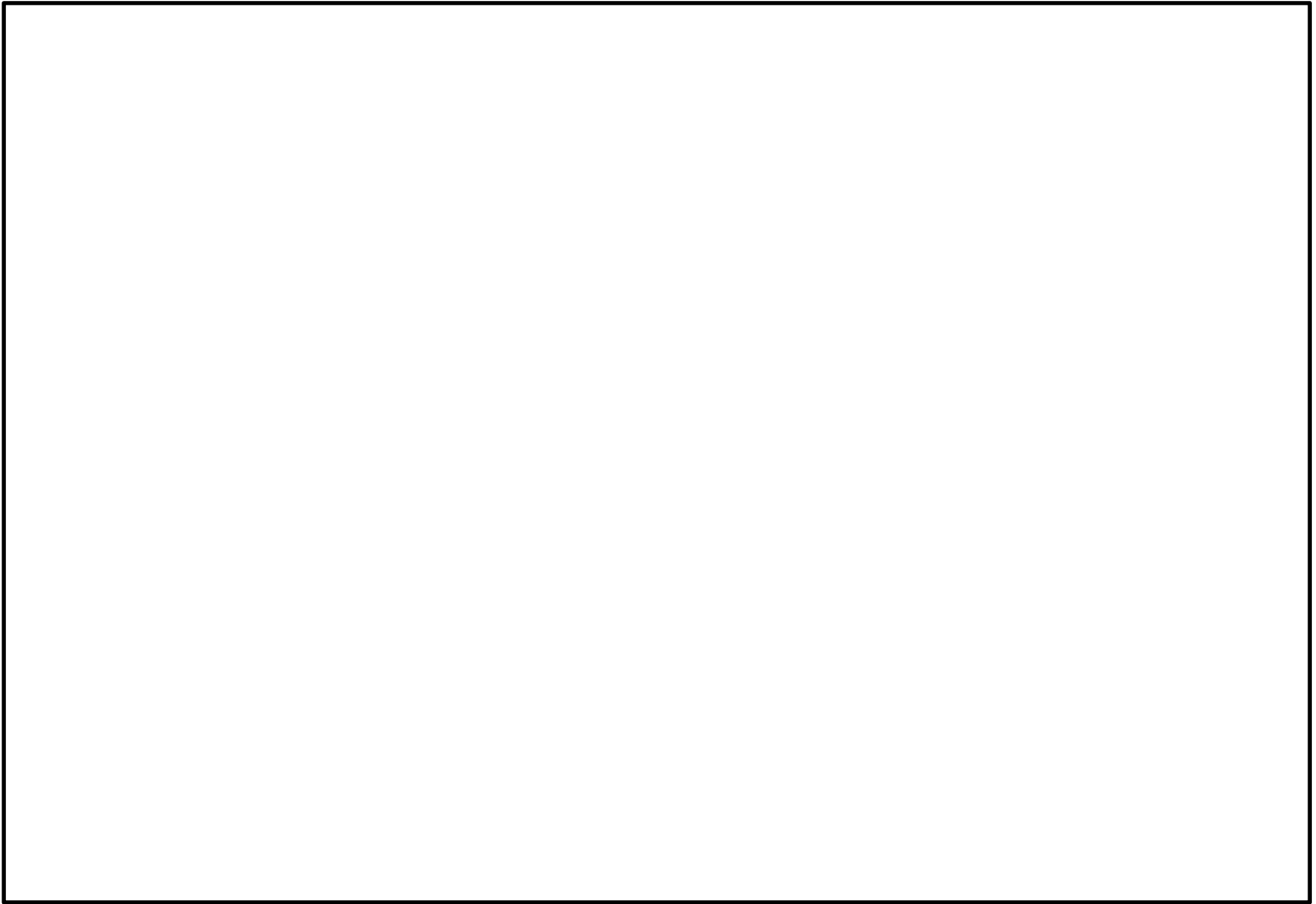
Happy is a great song that makes everyone smile and sing along. After each student has picked out their prop, have them free dance first as a group to the song and then have them sit in a circle and invite each one to dance solo in the center of the circle.

Good – Bye Song

Courtesy (girls) or Bow (boys)

Treats, Stickers, Etc

Tippy Toes & Chainé Turns Lesson Notes

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Pass The Ball (Mommy & Me)

Ice Breaker (5 minutes)	Circle Time (5 minutes)	Stretching (10 minutes)	Activity (10 minutes)	Themed Creative Dance (5 minutes)	Good-Bye/ Warm-Down (5 - 10 minutes)	Props
<p>Mingle and Play Time</p> <p>Have different props and/or toys out on the ground or a table for the children to play with before class begins.</p>	<p>Gather all moms and tots to the center, either sitting or standing</p> <p>Introduction</p> <p>Have moms go around the room and introduce themselves and their little ones.</p>	<p>Head to toes stretch (standing)</p> <p>Floor stretch (sitting)</p> <p>For stretches – Review Mix & Match Stretches on Portal.</p> <p>New Stretch:</p> <p>Knee Bends</p> <p>Standing with both feet together, slowly bend your knees and then slowly straighten. It's fun to slowly raise your arms up to the sky as you straighten and down to the ground as you bend.</p>	<p>Pass The Ball</p> <p>Have each mom and tot pair up, standing facing one another, with about 2-3 feet in between (if mom has more than one little one with her, they can partner and she can help them with the activity)</p> <p>Explain: Today's activity incorporates both a fun kid's game along with creative dance steps.</p> <p>Show: Demonstrate how the activity will work.</p> <p>Invite: Turn on the tunes and invite the pairs to begin the activity</p>	<p>Theme: Follow the Leader</p> <p>Song Recommendation: "Following the Leader" from Peter Pan</p> <p>Prop: Any fun prop such as a hat, wand, umbrella (as seen in the movie), etc</p> <p>Encourage little ones and moms to bring their imaginations to life by using creative movement during our free dance. Since this is all about following the leader, have your moms and tots take turns marching around the room as the leader with their prop.</p>	<p>Gather everyone back into the circle to sing the Good-Bye song</p> <p>Warm-Down</p> <p>Lie down, close eyes and relax. Pretend you are falling asleep. (Again, have moms and tots holding hands while facing one another laying on the floor)</p> <p>After sleepy time song, thank everyone for coming</p>	<p>Activity: Plastic Spoons (1 for each person)</p> <p>Plastic Eggs or Small Balls (anything round that will fit on the spoon) One for each pair</p> <p>Free Dance: Any fun prop such as a hat, wand, umbrella (as seen in the movie), etc</p>

Pass The Ball Successful Class & Activity Notes

Activity: Pass the Ball

Pass the ball is an activity that will help our tiny little dancers practice team work and balance.

The Activity

Have the moms and their little ones stand facing one another with about 2-3 feet in between. Both will have a spoon and one will have the egg or ball on their spoon (it's usually best to start with mom so our little ones will get to see how the activity works). Have them take turns walking the egg or ball on the spoon, using different movements and steps, to get it over to their partner on the other side.

Here are some fun steps we recommend using during this activity:

- ✓ Tippy toe walks
- ✓ Regular strides/walking
- ✓ Walking knee bends
- ✓ Skip
- ✓ Hop
- ✓ Little leaps
- ✓ Walking backwards

Free/Themed Dance: Peter Pan "Follow the Leader"

Dance step options you can use to help encourage creative movement during Themed Dance

- ✓ TwinkleToes Turns
- ✓ Slow turn
- ✓ Swaying back and forth
- ✓ Bending to ground and standing back up
- ✓ Tiny jumps
- ✓ Pretending you have wings to fly with your prop
- ✓ Tippy toe walks
- ✓ Any of the steps from above in the activity notes

Note: Since we are using this activity to promote working together, have the kiddos form a line, with moms beside them, and have them take turns marching as the leader around the room with their prop

Pass The Ball (Mommy & Me)

Warm-Down: Sleepy Time Activity

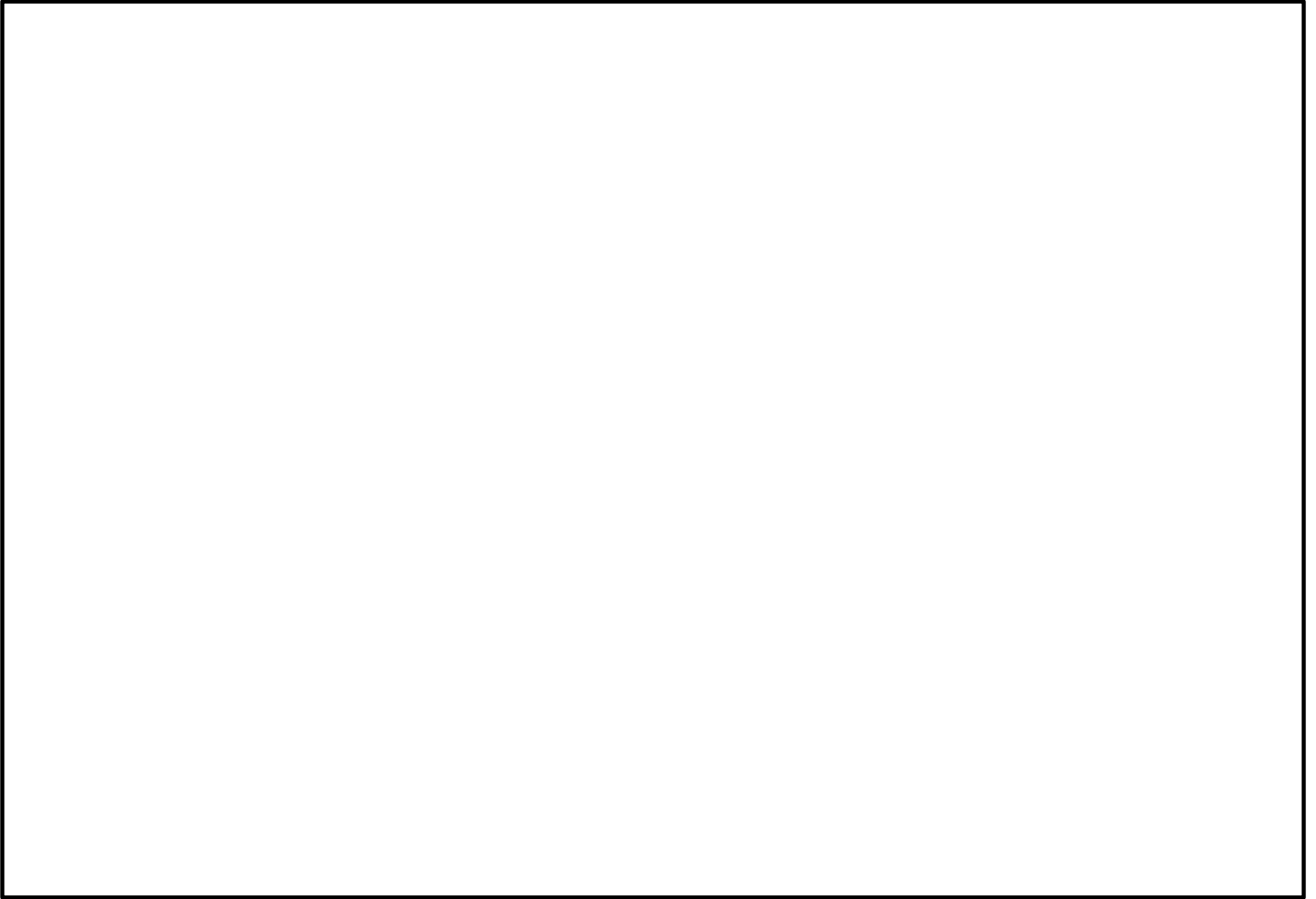
After the Good-Bye Song, have moms and their kiddos join you by laying on the ground or sitting criss cross apple sauce on the floor. Either way, laying or sitting, have moms and kids facing one another holding hands. If much younger children, they may sit in moms lap in criss cross. Have them close their eyes and pretend they are falling asleep while listening to a slow, relaxing song.

Things to say during warm-down: (say in a very low, calm, slow tone)

- Relax your muscles, your eyes, pretend you are jello.
- Today was fun and now it's time to rest our muscles
- Breathe in S-l-o-w, breathe out S-l-o-w
- When you feel relaxed, you may stand
- Thank you so much for joining our Mommy & Me class today. I hope you have a beautiful day!

After class has finished, you may encourage moms to stick around for a few minutes after to mingle, chat, and let their kiddos play before leaving.

Pass The Ball Lesson Notes

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Dance & Movement Dice (Mommy & Me)

Ice Breaker (5 minutes)	Circle Time (5 minutes)	Stretching (10 minutes)	Activity (10 minutes)	Themed Creative Dance (5 minutes)	Good-Bye/ Warm-Down (5 - 10 minutes)	Props
<p>Mingle and Play Time</p> <p>Have different props and/or toys out on the ground or a table for the children to play with before class begins.</p>	<p>Gather all moms and tots to the center.</p> <p>Introduction</p> <p>Have moms go around the room and introduce themselves and their little ones.</p>	<p>Head to toes stretch (standing)</p> <p>Floor stretch (sitting)</p> <p>For stretches – Review Mix & Match Stretches on Portal.</p> <p>New Stretch:</p> <p>Sitting V Stretch</p> <p>Beginning sitting on the ground with feet straight out in front of your body, slowly move legs into a V shape. Stretch forward with your arms to the center, left, right.</p>	<p>Dance & Movement Dice</p> <p>Have the moms and little comes come into the center of the floor and have a seat to begin the activity</p> <p>Explain: Today's activity brings counting, team building, and fitness all into one fun filled packed class of movement and dance.</p> <p>Show: Demonstrate how the activity works</p> <p>Invite: Invite the little ones to come up and each take a turn rolling the dice</p>	<p>Theme: Toy Story</p> <p>Song Recommendation: "You've Got A Friend in Me"</p> <p>Prop: hats or any other fun prop</p> <p>Keeping in theme with our activity and team building, it only felt appropriate to recommend this all time favorite Toy Story song.</p> <p>Encourage little ones and moms to bring their imaginations to life by using creative movement during our free dance. Offer options for steps to help them create their own movements.</p>	<p>Gather everyone back into the circle to sing the Good-Bye song</p> <p>Warm-Down</p> <p>Lie down, close eyes and relax. Pretend you are falling asleep. (Again, have moms and tots holding hands while facing one another laying on the floor or sitting criss cross)</p> <p>After sleepy time song, thank everyone for coming</p>	<p>Dance & Movement Dice</p> <ul style="list-style-type: none"> You can make these yourself or purchase online. <p>DIY Dice:</p> <ol style="list-style-type: none"> 2 small cardboard boxes stuffed with newspaper (for weight) and taped closed Construction paper for making your dots for 1 box numbers 1-6 Magic Marker for writing dance and movement steps on the other box.

Dance & Movement Dice

Successful Class & Activity Notes

Activity: Dance & Movement Dice

The TwinkleToes Dance & Movement Dice activity, as listed above, encourages team work with tiny little dancers. This activity also incorporates practicing colors and counting all while having a blast dancing and moving!

The Activity

1. Have each little one take a turn coming up and rolling both dice
2. First, count the dots on the first dice
3. Then, read what dance/movement step the class will be doing
4. Have everyone do what the dice says (For Example: 2 Skips)

Dance & Movement Dice Tips:

For the Dots (Box 1)

- Have each side a different color dots (you will have 1-6 to cover all your sides)
- Make dots large that it's easy for the kids to identify the color and to count how many dots are on that side

For the Dance & Movement Dice (Box 2)

- Write different dance and movement steps on each side of the box
- Ideas for Dance & Movement Steps:
 - a. Plies
 - b. Knee Bends
 - c. Chasses or Gallops
 - d. Tippy Toe Walks
 - e. Leaps
 - f. TwinkleToes Turns
 - g. Hops or Skips
 - h. Toe Touches
 - i. Hand Claps
 - j. Jumping Jacks
 - k. Their Choice (the student's can pick a dance step or movement of their choice)

Dance & Movement Dice (Mommy & Me)

Free/Themed Dance: Toy Story “You’ve Got A Friend in Me”

Dance step options you can use to help encourage creative movement during Themed Dance

- ✓ Dance Steps & Movement from the activity
- ✓ Slow turn
- ✓ Swaying back and forth
- ✓ Bending to ground and standing back up
- ✓ Tiny jumps
- ✓ Walking like a Cowboy (this will be interpreted and performed differently by each student)

Warm-Down: Sleepy Time Activity

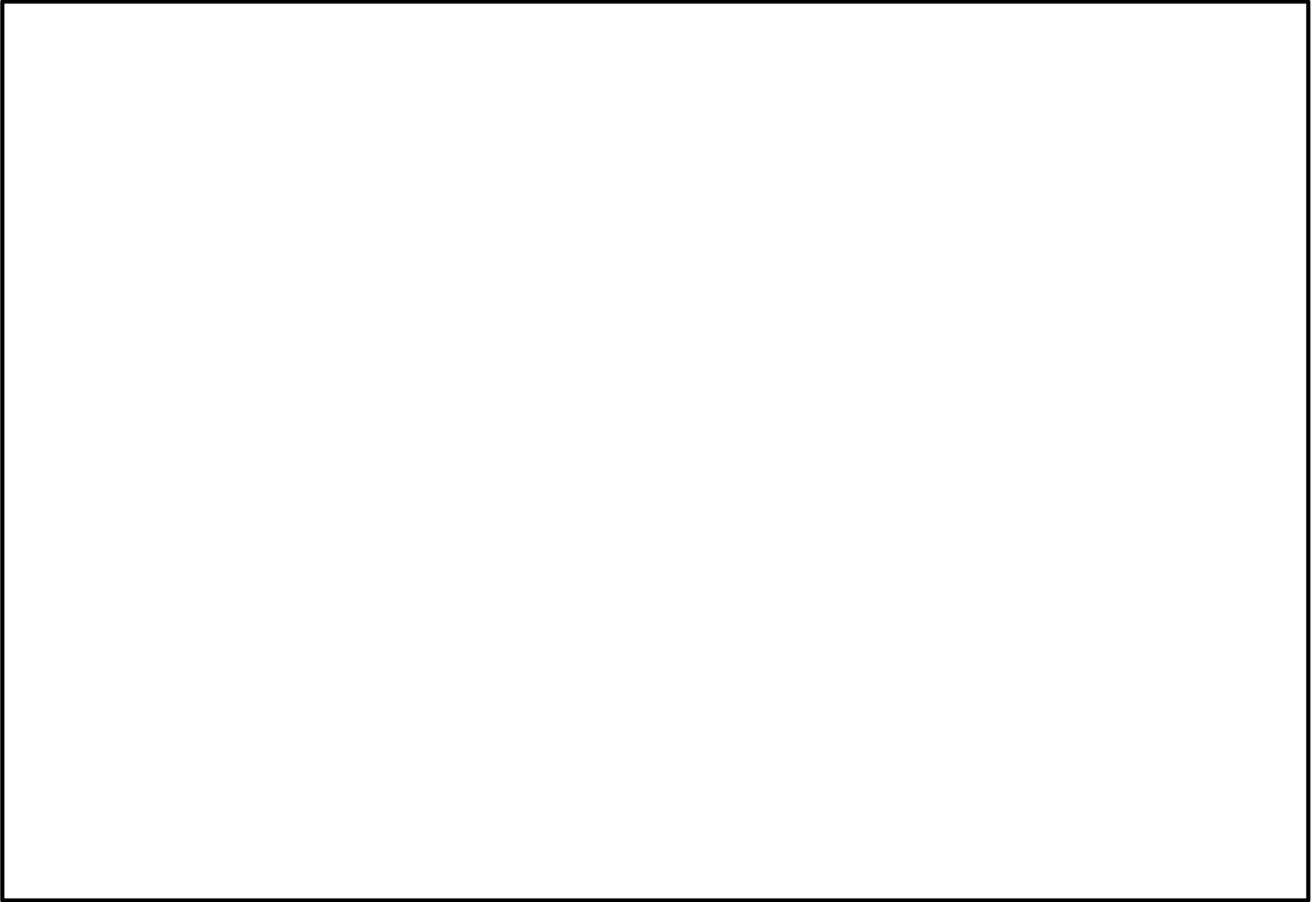
After the Good-Bye Song, have moms and their kiddos join you by laying on the ground or sitting criss cross apple sauce on the floor. Either way, laying or sitting, have moms and kids facing one another holding hands. If much younger children, they may sit in moms lap in criss cross. Have them close their eyes and pretend they are falling asleep while listening to a slow, relaxing song.

Things to say during warm-down: (say in a very low, calm, slow tone)

- Relax your muscles, your eyes, pretend you are jello.
- Today was fun and now it’s time to rest our muscles
- Breathe in S-l-o-w, breathe out S-l-o-w
- When you feel relaxed, you may stand
- Thank you so much for joining our Mommy & Me class today. I hope you have a beautiful day!

After class has finished, you may encourage moms to stick around for a few minutes after to mingle, chat, and let their kiddos play before leaving.

Dance & Movement Dice Lesson Notes

A large, empty rectangular box with a black border, intended for students to write their lesson notes.

Baby Battements (Mommy & Me)

Ice Breaker (5 minutes)	Circle Time (5 minutes)	Stretching (10 minutes)	Activity (10 minutes)	Themed Creative Dance (5 minutes)	Good-Bye/ Warm-Down (5 - 10 minutes)	Props
<p>Mingle and Play Time</p> <p>Have different props and/or toys out on the ground or a table for the children to play with before class begins.</p>	<p>Gather all moms and tots to the center.</p> <p>Introduction</p> <p>Have moms go around the room and introduce themselves and their little ones.</p>	<p>Head to toes stretch (standing)</p> <p>Floor stretch (sitting)</p> <p>For stretches – Review Mix & Match Stretches on Portal.</p> <p>New Stretch:</p> <p>Toe Taps</p> <p>Standing with feet together, raise arms up to the air, and bring one foot forward (pointing toes) and tap, tap, tap on the ground. Repeat alternating feet</p>	<p>Baby Battements</p> <p>Explain: Today's class, Baby Battments, combines little kicks for our little dancers and helps with promoting balance.</p> <p>Show: Demonstrate the little kicks and activity to the moms and little ones</p> <p>Invite: Invite the moms and students to join in the activity.</p>	<p>Theme: Frozen</p> <p>Song Recommendation:</p> <p>"Love is An Open Door"</p> <p>Props:</p> <p>Jump Ropes or Chairs from the activity</p> <p>This week we are kicking open doors with our fun little kicks and battements. During this lesson's creative dance encourage little ones and moms to bring their imaginations to life. Offer options for steps to help them create their own movements.</p>	<p>Gather everyone back into the circle to sing the Good-Bye song</p> <p>Warm-Down</p> <p>Lie down, close eyes and relax. Pretend you are falling asleep. (Again, have moms and tots holding hands while facing one another laying on the floor)</p> <p>After sleepy time song, thank everyone for coming</p>	<p>Jump Rope/ Chair (for balance)</p>

Baby Battements Successful Class & Activity Notes

Activity: Baby Battements

Our Baby Battements activity uses a technique and term from Ballet however, we are doing these steps on a much smaller scale for our tiny dancers. A Battement is simply a brush of the foot and kick of the leg.

New Dance Step:

Battement: (bat-MAHN) A brush of the toes along the floor followed by a kick/lift of the leg

The Activity

1. Give each mom and child pair a jump rope to use during the activity
2. Have mom hold both ends of the jump rope, facing her child, with the little one holding the jump rope the same way, facing mom (this will serve as a balance aid or ballet barre for our little dancers)
3. After reviewing the baby battement (or small kick) invite the little ones to try the kick
4. While mom holds the jump rope tight for balance, the little ones can brush and kick their leg forward.

Note: Because we are working with little bodies and little feet, their kicks will be very tiny. It's important to not overextend what they are capable of doing. If they have trouble balancing with the jump rope, use a sturdy chair or wall to help them during the activity.

Directional Ideas for the Activity: (these steps will vary depending on the age of the students in your class and their abilities)

1. Forward kicks
2. Side kicks
3. Backward kicks
4. Walking kicks (for our smaller dancers, you can have mom walk beside them holding hands as they kick moving across the floor)
5. Kick/ Plies (kicks and bending of knees)

Free/Themed Dance: Frozen "Love is an Open Door"

Dance step options you can use to help encourage creative movement during Themed Dance

- ✓ Baby Battements (Small Kicks)
- ✓ TwinkleToes Turns
- ✓ Slow turn
- ✓ Swaying back and forth
- ✓ Bending to ground and standing back up
- ✓ Tiny jumps
- ✓ Pretending you have wings to fly with your prop
- ✓ Tippy toe walks

Baby Battements Successful Class & Activity Notes

Warm-Down: Sleepy Time Activity

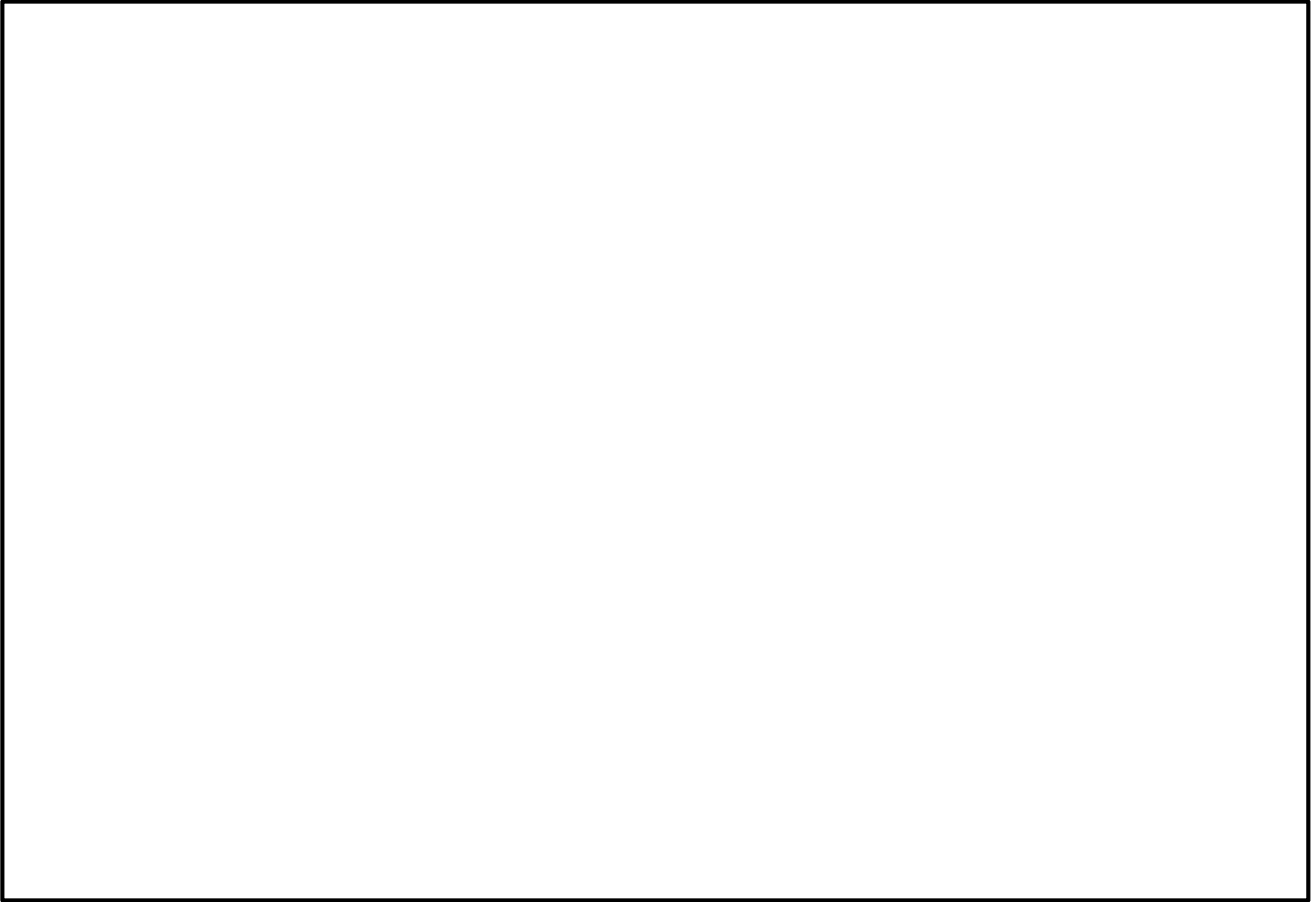
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Things to say during warm-down: (say in a very low, calm, slow tone)

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- Thank you so much for joining our Mommy & Me class today. I hope you have a beautiful day!

After class has finished, you may encourage moms to stick around for a few minutes after to mingle, chat, and let their kiddos play before leaving.

Baby Battements Lesson Notes

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Do You Want to Build A Snowman (Mommy & Me)

Ice Breaker (5 minutes)	Circle Time (5 minutes)	Stretching (10 minutes)	Activity (10 minutes)	Themed Creative Dance (5 minutes)	Good-Bye/ Warm-Down (5 - 10 minutes)	Props
<p>Mingle and Play Time</p> <p>Have different props and/or toys out on the ground or a table for the children to play with before class begins.</p>	<p>Gather all moms and tots to the center.</p> <p>Introduction</p> <p>Have moms go around the room and introduce themselves and their little ones.</p>	<p>Head to toes stretch (standing)</p> <p>Floor stretch (sitting)</p> <p>For stretches – Review Mix & Match Stretches on Portal.</p> <p>New Stretch:</p> <p>Rainbow Side Stretch</p> <p>Standing with feet together, lift arms up high above the head, swing them to the left and hold this position. Repeat reaching to the right.</p> <p>* Pretend to make a rainbow when swinging your arms from one side to the other.</p>	<p>Do You Want to Build A Snowman?</p> <p>Explain: We love the movie Frozen and today we are going to practice ballet arms and feet while pretending to build a snowman.</p> <p>Show: Review notes for demonstration details</p> <p>Invite: Invite moms and kiddos to face one another and join in the activity of building a snowman</p>	<p>Theme: Frozen</p> <p>Song Recommendation: “Do You Want to Build A Snowman”</p> <p>Prop: Ribbon wands or white Styrofoam balls (snowballs)</p> <p>Keeping in theme with our lesson, we will encourage little ones and moms to bring their imaginations to life by using creative movement during our free dance to a Frozen favorite. Offer options for steps to help them create their own movements.</p>	<p>Gather everyone back into the circle to sing the Good-Bye song</p> <p>Warm-Down</p> <p>Lie down, close eyes and relax. Pretend you are falling asleep. (Again, have moms and tots holding hands while facing one another laying on the floor)</p> <p>After sleepy time song, thank everyone for coming</p>	<p>Activity: DIY Pizza Slice</p> <p>Free Dance: Ribbon Wands or White Styrofoam Balls resembling snowballs</p>

Do You Want to Build A Snowman

Successful Class & Activity Notes

Activity: Do You Want to Build A Snowman

Do You Want to Build A Snowman is a fun lesson anytime of the year. It introduces our little dancers to basic ballet arms and feet all while pretending to build a snowman

Dance Terms:

Plie – plie is one of the basic beginning steps of ballet, it simply means bent knee

First Position Feet – Beginning by standing with feet together, turn feet out by making a V shape (See below for a fun DIY Pizza Slice instructions) that is great for helping to position feet)

First Position Ballet Arms – Bent elbows and rounded arms, holding them in position parallel to your body or directly out in front of your body, aligned with your belly button

Fifth Position Ballet Arms – Bent elbows and rounded arms that are extended above your head

Activity Notes:

1. Begin with moms and students facing either the front of the room or facing one another (moms facing their little ones)
2. Position feet into first position using pizza slice
3. After everyone has practiced first position, we can now build our very own snowmen!
4. Plie or bend down to the ground to pick up your pretend snow and we can begin building our Olaf snowman
5. Bottom of the snowman: First position feet and low first position arms
6. Middle of the snowman: First position feet and first position arms extended out and aligned with belly button
7. Top (head) of snowman: First position feet and fifth position arms
8. Next is the super fun part – throwing the snow. After you've built your snowman take the rest of your snow and throw it into the air
9. Repeat above steps

Note: Because we are working with ages walking – 4 to 5, some of our little, newly walking students may just be able to stand with their little tooties together instead of first position.

DIY Pizza Slice:

- 3 pieces of foam (red, brown, white)
- Foam glue
- Scissors

Step 1: Cut your brown and white foam pieces into large triangles (the white triangle should be a bit smaller than the brown)

Step 2: Glue the white triangle onto the brown - your crust and cheese!

Step 3: Cut small circles out of the red foam piece and glue onto your "cheese" for your pepperonis.

Step 4: Using your pizza slice, have your little one place their feet (heels together) around the pizza

Do You Want to Build A Snowman

Successful Class & Activity Notes

Free/Themed Dance: Frozen “Do You Want to Build A Snowman”

Dance step options you can use to help encourage creative movement during Themed Dance

- ✓ TwinkleToes Turns
- ✓ Slow turn
- ✓ Swaying back and forth
- ✓ Bending to ground and standing back up
- ✓ Tiny jumps
- ✓ Pretending you have wings to fly with your prop
- ✓ Tippy toe walks
- ✓ Plies or knee bends
- ✓ Ballet Arm Positions

Warm-Down: Sleepy Time Activity

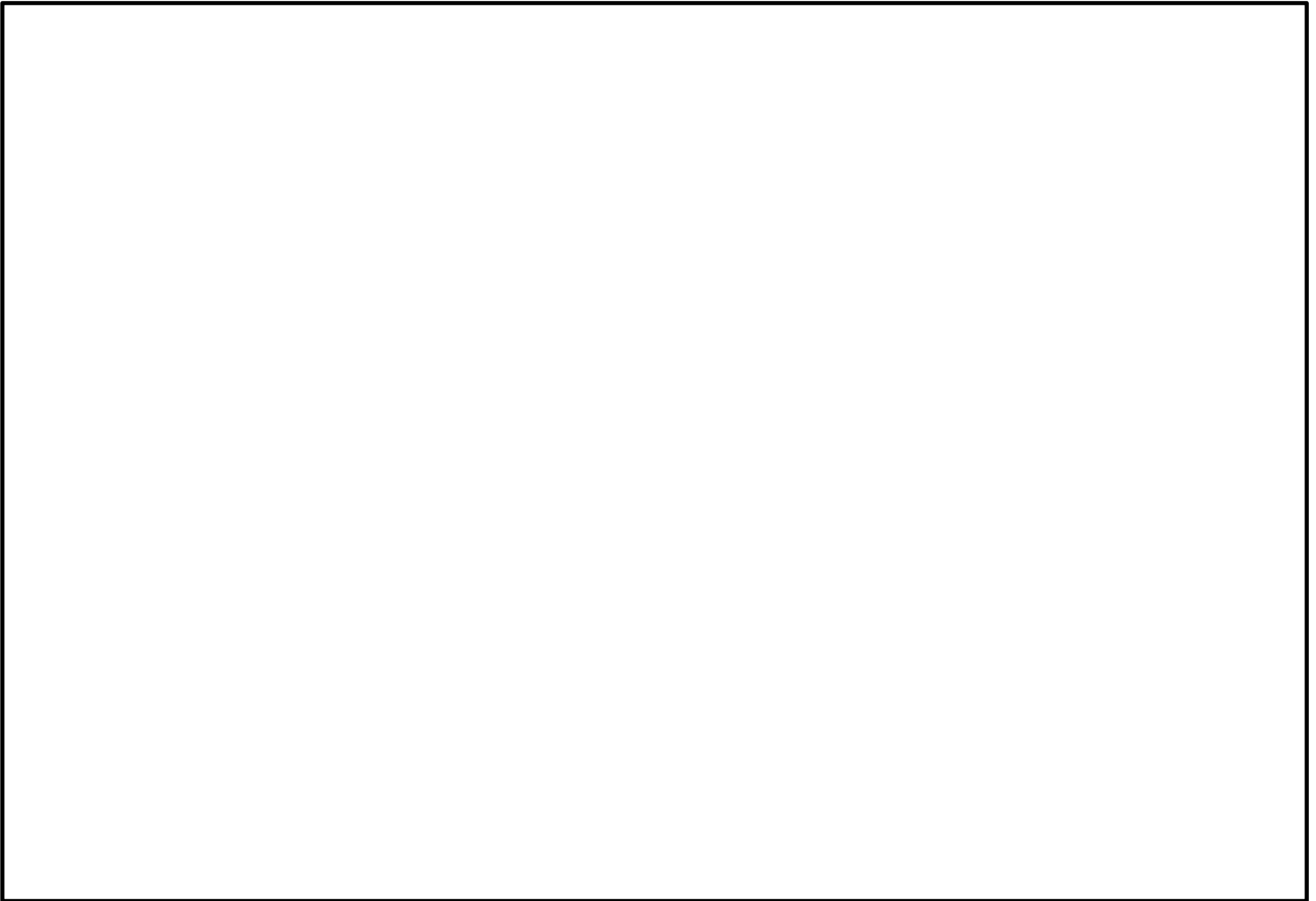
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