

DANCE LIKE A TODDLER

with Andrea Trench



DanceLife Teacher Conference

WHY TODDLER CLASSES?

Dance for Development

First Independent Experience

First Activity Experience

First Studio Experience



HOW TO TEACH **TODDLER CLASSES**

Build Slowly

Keep Them Moving

Observe, Assess, Adapt

Do Whatever it Takes



TODDLER CLASS

Warm-up

10 minutes

- **Freeze Dance with Prop:** (Suggested Music: *Wiggy Wiggles Freeze Dance*, Hap Palmer) Encourage dancers to move in ways they may have never explored before, while emphasizing the concept of PLACE. When the music stops, freeze.*
- **Hello Song:** (Suggested Music: *Hello Hello!*, Super Simple Songs) Lead dancers through the hello song, while emphasizing the concept of PLACE.
- **Circle Songs:** Lead dancers through these circle songs, while emphasizing dance terminology and the concept of PLACE.
 - Warm-Up (Suggested Music: *The More We Are Together*, Kate Kuper)*
 - Gentle Stretch #1 (Suggested Music: *Clap If You're Happy and You Know It*, Lisa Harris)
 - Gentle Stretch #2 (Suggested Music: *Head, Shoulders, Knees, and Toes*, Smart Baby Lullaby)
 - Gentle Stretch #3 (Suggested Music: *Fly Like a Butterfly*, Shakta Kaur Khalsa)*



Discover

10 minutes

- **Introduce the Concept:** PLACE (On Our Spot, All Around)

When we dance, we can dance ON OUR SPOT or ALL AROUND. Everyone say, “ON OUR SPOT”. Now say “ALL AROUND”. Thank you! Everyone stand tall. Show me how you can shake your body ON YOUR SPOT. Can you bounce your knees? How about kick your legs? Now we are going to dance ALL AROUND the room. Let’s walk (sing to the tune of “Are You Sleeping?”: Walking, walking. Walking, ALL AROUND. Jump, jump, jump. ON OUR SPOT. Running, running, running. Running ALL AROUND. Now we stop. ON OUR SPOT.) Let’s explore PLACE together!

- **Explore the Concept with shaker eggs:** (Suggested Music: Shaky Shaky, The Wiggles) The song will cue dancers through this exploration staying ON OUR SPOT.*
- **Explore the Concept:** (Suggested Music: Down on Grandpa’s Farm, Raffi) Lead dancers through this exploration traveling ALL AROUND the room.*



Develop

5 minutes

- **Obstacle Course** (Suggested Music: *Old McDonald Had a Farm Instrumental*, *The Kiboomers and Down on Grandpa's Farm- Instrumental*, *The Kiboomers*)*
Balance Station: Prop Suggestion- Balance Beam
Gross Motor Station: Prop Suggestion- Half Cones/Domes
Spatial Pattern Station: Prop Suggestion- 2 Poly Spots (same color)
Concept Exploration Station: Prop Suggestion- Tunnel

Appreciate

5 minutes

- **Rest:** Lead dancers through this resting song to the tune of "The Farmer in the Dell": *We breathe slowly in. We breathe slowly out. We give ourselves a great big hug, and then we shake it out.*
- **Review/Reflect:** Review the concept of PLACE and share favorite activities. If first day of lesson, give concept coloring pages.
- **Goodbye Song:** (Suggested Music: *See You Later Alligator*, *Super Simple Songs*) Lead dancers through this goodbye song either in a circle or as you lead the dancers out of the studio.

*Transition track has been added on playlist.



THANK YOU

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