Get Your Little Dancer Ready for Class!

ACTIVITIES FOR EVERY DANCER

AMERICAN BALLET THEATRE

Illustrations by Luciano Lanzino and Samantha Dean.
Ballet Warm-Ups

Get your little dancer moving before class! These movements will help your dancer stay limber and get ready to dance.

- **Movement 1:** Pretend that you’re a butterfly! Butterflies can teach you how to be graceful when you dance.
- **Movement 2:** Pretend that you are swimming! Swimming can help you build strength for your dancing.
- **Movement 3:** Pretend that you’re a bear! Bears have courage that you can bring with you to your dance class.
- **Movement 4:** Pretend you’re a dog! Dogs have positive attitudes that can help you build confidence.
- **Movement 5:** Pretend that you can fly! This helps you build your imagination.

Now your little dancer is ready for class!
I Can Dance, and You Can, Too!
Practice your dance moves with this game!

In a group of two or more, have one person be the leader while the rest will be the followers. The leader will give a dance move instruction with the phrase “I Can Dance” before the instruction. The leader will then move into the position for the followers to copy. If the leader does not say the phrase “I Can Dance” before the dance move, the followers should not copy the dance move. Every time a follower copies a dance move without the “I Can Dance” indicator, they are out. The last follower wins!

Use these dance moves for your game! Leader, remember to switch up when you say “I Can Dance” to trick followers into copying you!

I Can Dance . . .

- a pirouette!
- a breakdance!
- the robot!
- the twist!
- a tap dance!

a plié!
the moonwalk!
the Macarena!
a square dance!
the tango!

Making their debut on 9.22!
The Perfect Ballet Shoes
Dance to the top with your own unique ballet shoes!

Ballet shoes are important to every ballet dancer. Decorate these shoes so they are perfect for you! You can cut the shoes out and bring them with you to your ballet class. If you don’t have access to a printer, draw and decorate your own perfect ballet shoes on a blank piece of paper.
Spot the Differences
Can you find the differences between the pictures?

These dancers are getting ready for class!
Circle ten differences that you see between the two pictures.

Find the answer on the last page of this packet.
Let’s Dance Together
Join in the dancing fun!

Have you ever wanted to dance on the big stage? Now is your chance! Draw yourself into the scene below, showing off your awesome dance moves for all to see!
Connect the Dots

Find the little dancer!

Can you connect the dots and discover the little dancer getting ready for class?

Find the answer on the last page of this packet.

Making their debut on 9.22!
As your little dancer heads to ballet class, make sure they bring the following items! Check off the items below as they pack for class.

- **Ballet Shoes**
- **Tights**
- **Towel**
- **Leotard or Shorts**
- **Snack**
- **Dance Bag**
- **Water Bottle**

**Positive Attitude**
Answer Key
Below you’ll find the answers to the Spot the Differences and the Connect the Dots activities.

SPOT THE DIFFERENCES:

CONNECT THE DOTS: