

SNOWFLAKE FUN



Snowflake Fun

TODDLER: AGES 1.5 TO 3, WITH A CAREGIVER

PRESCHOOL: AGES 3 TO 5 YEARS OLD

How to Begin Class

Begin your class by greeting your students. Ideally, they'll line up at your classroom door before class begins. When it's time for class, have them enter. You can give them a step to do to take their places for roll call, or simply have them walk to their places.

Next, take roll. Have a question of the day ready to ask your students. It can be something simple like, "What is your favorite color?" It can be theme-related like, "What's your favorite way thing about snow?" Or it can be something more personal like, "Tell me one fun thing you did this week." The purpose of the question is to help you connect with your students.

Circle Stretch

For complete activity details, please refer to the [Little Acrobats Curriculum - Syllabus Guide](#).

Let's Blow Bubbles!

Wiggles and Wakeup

Peek-a-Boo Toes

Hamstring Stretch (Preschool Only)

Snowflake Stretches (Give each student a snowflake prop. You can also use beanbags as snowflakes. Direct them where to move it for a hamstring stretch.)

Hide and Seek

Have students hold their snowflake prop between their knees! Don't drop it!

Rock and Roll (Preschool Only)

Continue holding the snowflake prop between the knees. Don't let it drop!

Butterfly

Have students place the snowflake prop between their feet and look closely at it to stretch. Is it melting?

Straddle Stretch (Preschool Only)

Snowflakes Falling. (Have students wiggle their fingers to indicate snowflakes falling. Snowflakes fall to each side and the middle.)

Hands and Wrists

Snowflakes are falling and blowing in a winter storm.

Tabletop Bridge

Ice Statue (of a bridge)

Cat/Cow Pose (Preschool Only)

More Ice Statues (of happy and surprised cats)

Superhero Pose (Preschool Only)

Ice Statue (of a flying superhero)

Seal Pose (Preschool Only)

Ice Statue (of a seal)

Technique

For complete activity details, please refer to the [Little Acrobats Curriculum - Syllabus Guide](#).

Plié

Are you ready for some snowflake fun? 3-2-1 let's go! (Plié with each count.)

Twirls (Toddlers) / Rise and Turn (Preschool)

Let's be snowflakes twirling.

Tendu (Preschool Only)

Stretch your legs long like icicles as you tendu.

Passé

Pose like a snowflake in passé.

Sways

Sway from side to side (and with chassés) like the wintery wind!

Sautés

Jump and throw an imaginary snowball.

Échappés

Small Snow Angel Jumps

Directional Hops

Let's build a snowman! Three hops forward and three hops backward to make his body.

Hops on One Foot from Side to Side (Preschool only)

Snowball fight! Let's dodge snowballs!

Hops on One Foot (Preschool only)

Hops on one foot in deep snow. Then the other foot.

Fireworks Jumps

Big Snow Angel Jumps

Traveling

Please use the movement cards included at the end of this lesson plan.

Stations

Please use the station cards included at the end of this lesson.

Prop Time

For toddlers, "Prop Time" is simply a free dance with a prop of the teacher's choice. You may also do a freeze dance to reinforce listening skills.

For preschoolers, [choose one to three "Prop Time" activities from the Little Acrobats Curriculum - Sullabus Guide](#) for additional skill work.

Goodbye

You can (optionally) end your class with a brief free dance for students while you blow bubbles for them.

Finish your class by giving each student a sticker and telling them each something they did well in class that day. Focus on complimenting good effort, listening skills, and positive attitude more than skill accomplishments. Give each student a coloring page. These are a great way for students to bring a piece of dance class home with them for the week. Hand out certificates if it's the last week for the theme.

Music Playlist

You can find a music playlist with theme-inspired music for your acro dance class here:

[Snowflake Fun Music Playlist in Spotify](#)



SNOWFLAKE FUN - MOVEMENT CARDS

There are SO MANY ways you can use movement cards in your dance classes. For toddlers, we typically do use movement cards for traveling across the room and occasionally the merry go round option. For preschoolers, we like to incorporate all of the following ways with traveling across the room and the merry go round option as the most common. You may incorporate any of these ways during the "traveling" portion of class.

Traveling Across the Room

This is what we typically design our movement cards for. (Although they certainly don't have to be limited to this!) Choose a movement card like you're picking a card from a deck of cards. Or, let one of your students pick the card. The anticipation of what the next card and movement will be will help to keep your students' attention during the traveling portion of class. Plus, they always like seeing what cute animal or picture is on the card chosen!

Merry Go Round

Place your movement cards in a pile face-down in the center of the room. Have your students make a large circle. Call on one student to pick a card from the center. They pick a card from the pile. Play music as all students do the chosen movement in a large circle around the room. Pause the music and your students freeze (like in freeze dance!). Call on another student to pick a card next. Repeat until all students have had a turn or all movement cards have been used.

Add-On

This is one of my favorite pre-choreography activities. Make a dance by playing "Add-On", but with movement cards! Hold the cards out face-down, like a deck of cards, for a student to pick one. Have all students do the movement in place a certain number of times. (For example, 3 hops in place.) Have another student pick a card. Add that movement to the choreography. (For example, if the second card chosen was twirls, you might have your students do 3 hops then a twirl.) Continue until all students have had a turn. By the end, you'll have a little dance your students helped to make up!

Free-Dance

Let your students free dance, and choose movements from the movement cards!

NOTES FOR CARTWHEEL PREPARATION:

Most Likely for Toddlers. Cartwheel Preparation 1: Tummy-Hand-Hand-Jump-Tummy. The student should begin with their tummy facing the front. They place one hand on the mat stack, then the other hand on the mat stack. Then they jump over the mat stack and stand so their tummy faces front again.

Most Likely for Preschoolers. Cartwheel Preparation 2: Tummy-Hand-Hand-Foot-Foot-Tummy. The student should begin with their tummy facing front. They place one hand on the mat stack, then the other hand on the mat stack. Then they hop over the mat stack to land on one foot then the other foot. They should finish standing so their tummy faces front again.

More Advanced Option for Preschoolers. Cartwheel Preparation 3: Cartwheel Coordination Over the Mat Stack. In this version, students have the coordination of hands and feet. They still begin and end standing with their tummies facing front, but they do a smoother, more coordinated cartwheel over the mat stack. They should work on their torso being more up and down, perpendicular to the floor. Their legs may not quite be perpendicular—they may still be at an angle as the student does the cartwheel, but the student is working on stretched legs during the cartwheel.

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BUNNY HOPS (OR STEPS)

TODDLER

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CARTWHEEL PREPARATION

TODDLER

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LITTLE RUNS (OPTIONAL: CARRYING A SNOWFLAKE)

TODDLER

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MARCHES THROUGH DEEP SNOW

TODDLER

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PASSÉ WALKS

TODDLER

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SEAL POSE

(WALK HALFWAY ACROSS, POSE, THEN WALK THE REST OF THE WAY)

TODDLER

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BEAR WALKS

TODDLER

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TABLE TOP POSE

(WALK HALFWAY ACROSS, POSE, THEN WALK THE REST OF THE WAY)

TODDLER

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BUNNY HOPS

PRESCHOOL

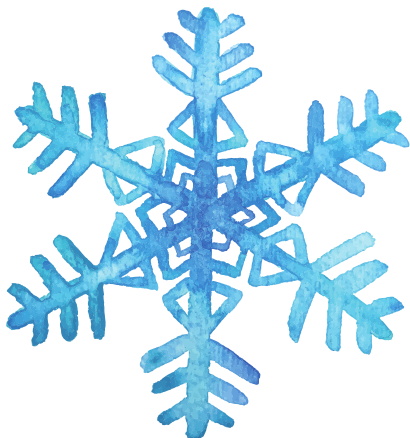
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CARTWHEEL PREPARATION

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RUNS EN DEMI POINTE

(OPTIONAL: CARRYING A SNOWFLAKE)

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MARCHES THROUGH DEEP SNOW

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PASSÉ WALKS EN DEMI POINTE

PRESCHOOL

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SEAL WALKS

PRESCHOOL

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BEAR WALKS

PRESCHOOL

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TABLETOP WALKS

PRESCHOOL



SNOWFLAKE FUN - STATION CARDS

Card 1

Toddlers and Preschoolers. Stand so your arms and legs are stretched out in an X shape. Reach your right arm to your left foot. Come back to an X. Reach your left arm to your right foot.

Card 2

Toddlers and Preschoolers. Fireworks jump like a big snowflake. Optional: Have a stepstool or similar for students to step up on, then fireworks jump off.

Card 3

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Card 4

Toddlers. Step or hop across spot markers.

Preschoolers. Hop on two feet across spot markers.

Card 5

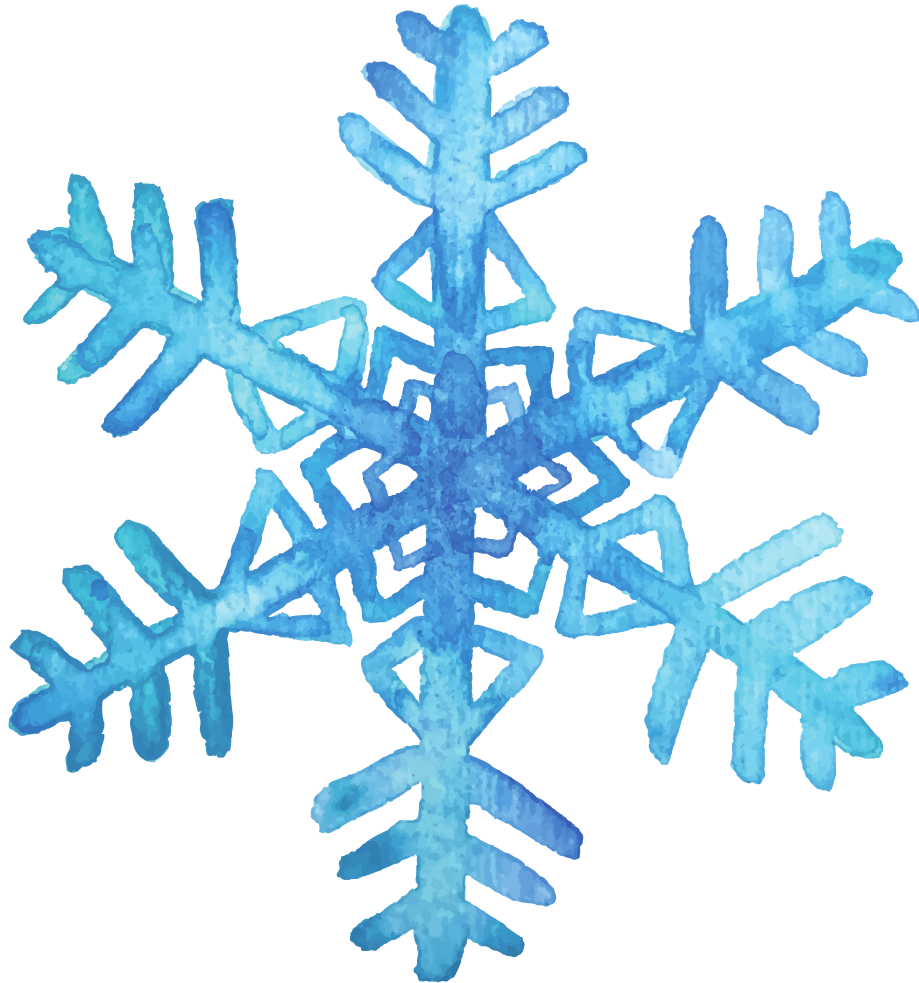
Toddlers and Preschoolers. Bear walks.

Card 6

Toddlers and Preschoolers. Superhero pose! (Lay on tummies with arms and legs stretched long.) Optional: have a Pilates ball or arched mat for students to lay on.

Card 7

Toddlers and Preschoolers. Walk across a balance beam or taped line. For added difficulty, passé walk across or step over beanbags on the beam or taped line.



X CRISS-CROSS STRETCH



FIREWORKS JUMP



**CARTWHEEL PREP 1:
TUMMY-HAND-HAND-JUMP-TUMMY**



CARTWHEEL PREP 2:
TUMMY-HAND-HAND-FOOT-FOOT-TUMMY



CARTWHEEL PREP 3:
CARTWHEEL COORDINATION OVER THE MAT STACK



STEP OR HOP ACROSS



HOPSCOTCH



BEAR WALKS

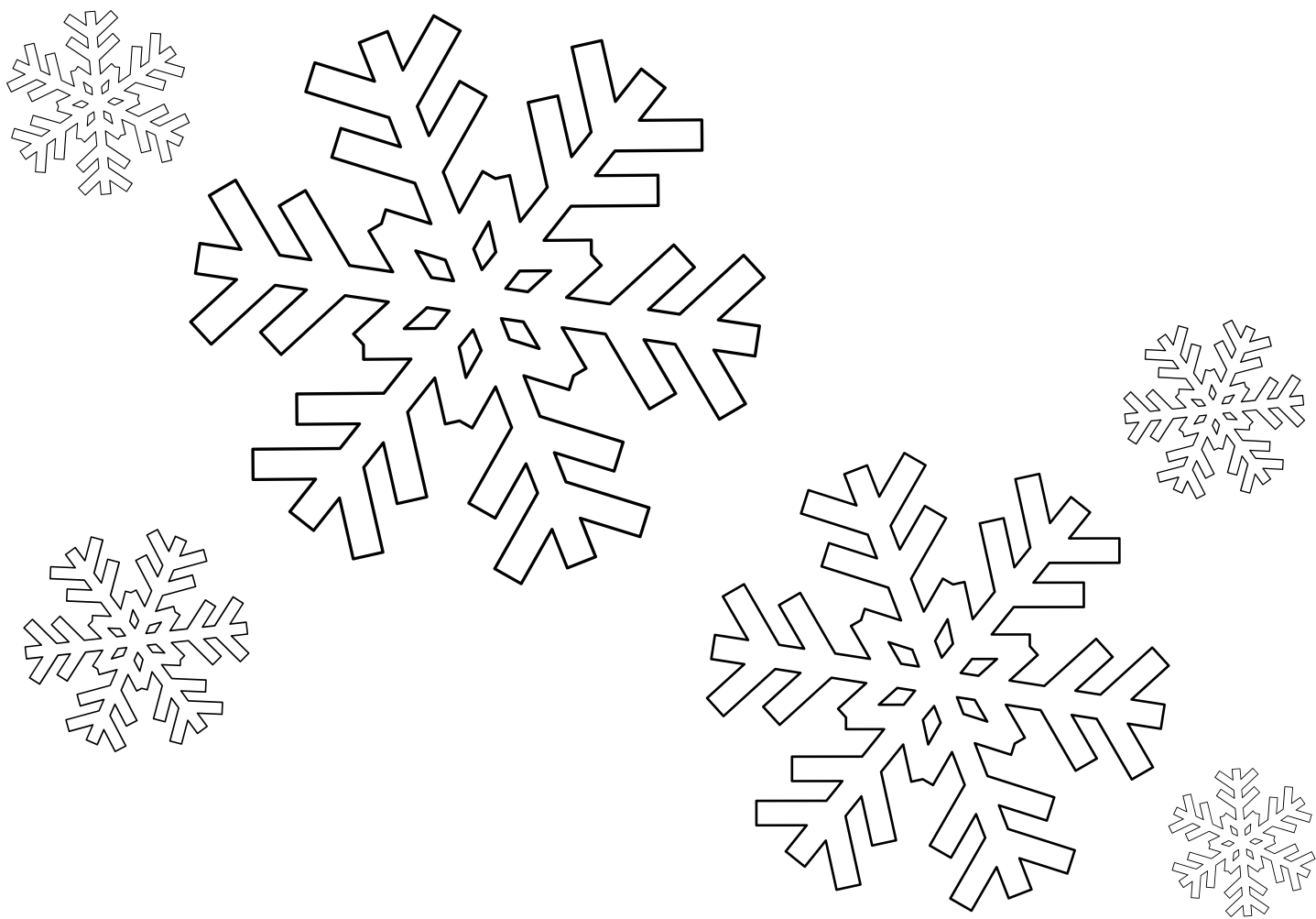


SUPERHERO POSE



BALANCE BEAM WALKS

SNOWFLAKE FUN



SNOWFLAKE FUN



SNOWFLAKE FUN



SNOWFLAKE FUN

