

Ballet Class Activities

Ballet 1A, 1B, 2, and 3

Video Playlist: [Snow White](#)

Orchestral Music: Not available

Snow White's Beauty

Snow White is the most beautiful (on the outside AND inside) in all the land. Have your students port de bras or review correct posture as if they are Snow White. (And if you have boys in class, they should stand as the most handsome—outside and inside!—in all the land.)

Dwarfs in the Woods

Did you know the original fairy tale of Snow White (by the Grimm Brothers) includes seven dwarfs, but it doesn't distinguish between them besides calling them the "first dwarf", "second dwarf", and so on. In later versions of the story, there are different numbers of dwarfs, and they even have different names from the 1937 animated classic many of us think about.

For a fun activity, let your students, as a class, decide how many dwarfs there are and what their names should be. You can write the names on index cards and choose different ones for different steps and movements done in center, turns, and traveling during class. Should your students turn in a serious way or a silly way? Should they jump in a happy way or a grumpy way? (As an example.)

The Magic Apple

Talk through the following with students. What facial expressions and pantomime might they do to express each scene? You can have your students do this in front of the mirror so they can see their own expressions, etc.

- The queen casting the spell on the apple.
- The queen disguising herself as an old woman.
- The dwarfs telling Snow White she shouldn't talk to strangers.
- Snow White as she opens the door to greet the queen disguised as an old woman.
- The queen as she offers Snow White the apple.
- Snow White taking a bite of the apple and falling asleep.

In another class, have students each find a partner and face each other. They'll do the same activity, but instead of looking into to the mirror as they make faces and pantomime, one student will be the leader and the other the follower. One student chooses the expressions and pantomime while the other mirrors them. After some time, the partners should switch roles.

A Prince's Kiss

This improvisation is meant to be a light and fun free dance for students to be able to improvise with ballet steps and move freely while exhibiting an emotion through dance. Students begin lying on the floor like they are Snow White sleeping. Let your students know when their prince has kissed them and woken them up. They should pretend to wake up, stand up, and dance freely. If they were Snow White, how would they feel? What does the music say to them relating to how they might feel. Have them improvise accordingly.

After the dancing is done, talk to your students about the dancing they chose. Why did they choose the steps they chose? What did the music make them feel? Did they include facial expressions or pantomime? What did they choose and why?

Do this activity a second time in another class to see if students dance differently from the initial time with this activity.