

READY FOR SNOW DAY FUN?

SNOW DAY ADVENTURE

Little
DANCER[™] *Children's Ballet*
Method[™]



Snow Day Adventure

Dance Activities

AGES 1.5 TO 3, WITH A CAREGIVER / AGES 3 to 5 / AGES 5 TO 7

Exploration

For complete activity details, please refer to the [Little Dancer Curriculum's Teacher Guide](#).

Centre Barre

[Music: Out to Lunch](#)

	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Plié	Bend and stretch. Stand tall.	Pliés in parallel. Rise and lower.	Pliés in 1st and 2nd.
Rise and Twirl	Twirls in parallel.	Rise and turn in parallel.	Rise and turn in 1st.
Tendu		Tendus front in parallel.	Tendus front and side, closing in 1st.
Piqué			Piqués front and side, closing in 1st.
Passé	Slow marches.	Parallel passés, balancing for 2 counts with each.	Parallel passés, balancing for 4 counts with each.
Sway	Sways side to side in parallel.	Sways and sways with chassés in parallel.	Sways side to side through second position, turned out. Sways front to back through fourth position, turned out.
3rd Arabesque			Step into tendu derrière, arms in 3rd arabesque. Float the arms down then back up to 3rd arabesque.

Snow Day Adventure

Traveling A

[Music: The Flower Garden Part II](#)

[Music: The Walrus Family](#)

[Music: The Waterpark](#)

Snow Day Fun. You can begin this traveling activity by having students lay on the floor and pretend to sleep. They wake up, stretch, and run to an imaginary window. (The imaginary window can be located where you would like your students to line up for traveling movements across the floor.) What do they see? Snow! It's a snow day! Optional: Ask your students to share what they see. Do they see snow banks piled high with snow? Is it still snowing? Are any of their neighbors already playing in the snow? Next, pretend to suit up for playing in the snow. Put on your warm socks, snow pants, snow boots, coat, gloves, scarf, and hat. Now we're ready!

Yay, Snow Day! Picked up runs or skips.

Snow Angel Jumps. Fireworks jumps. (Crouch down then do a big X jump. Take a few steps forward. Repeat across.)

Tall Snowmen. Walks en demi pointe with arms in 5th to make the snowman's head.

Making a Big Snowball. Sideways walks with arms getting wider and wider apart. When students get all the way across the room, they can turn around and pretend to throw 5 snowballs. Let them count out loud with each throw.

Shoveling Snow. Galops.

Snow Bank Jumps. Set out a hula hoop as a snow bank. Have students run and jump into the hoop.

Driving a Snow Plow. Runs en demi pointe. Optional: Let students hold a paper plate as the steering wheel. (You can even turn this one into a free dance to transition to the next activity.)

Traveling B

[Music: The Arrival of Spring](#)

[Music: Climbing Snow Mountain](#)

[Music: The Mad Hatter](#)

Snowshoe Adventure

Driving to the Country. Picked up runs. Optional: Let students hold a paper plate as their steering wheel.

So Many Pine Trees. Bear crawl. Optional: Set out cones as trees for students to travel round. When students have made it across the floor, they can pretend to go to sleep like a bear hibernating.

Forest Deer. Prances. Optional: Around cones as trees.

Snowshoeing. Marches.

Oh no! The Snow is too deep! Fudgy walks.

Ice Skating. We've come to a frozen pond! Skating.

Caught in a Snowstorm. Spins.

Snow Bank Jumps. Set out a hula hoop to mark where the snow bank is. Have students run and jump into the hoop.

Snow Day Adventure

Centre Allegro

[Music: Opening Travel Music](#)

	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Sautés	Parallel Sautés	Parallel Sautés	Sautés in 1st Position (Turned Out)
Échappés		Parallel Échappés	Échappés in 1st and 2nd Position (Turned Out)
Hops on Two Feet		Directional Hops (Parallel)	Hops with Quarter or Half Turns (Parallel)
Hops on One Foot		Hops on One Foot from Side to Side (Parallel)	Hops on One Foot (Parallel)
Picked Up Jumps (Hop on two feet, bending your knees and kicking your feet up behind you—like in picked up runs.)			Picked Up Jumps
Spring Points / Spring Heels			Spring Points/ Spring Heels
Fireworks Jumps (Crouch down low, then jump out in a star shape—like fireworks!)	Fireworks Jumps	Fireworks Jumps	Fireworks Jumps

Free Dance A

[Music: Angered Rhinos](#)

Snowball Fight. Using fake or imaginary snowballs, students dance around the room tossing, throwing, and catching their snowballs and performing other snow day movements. Optional: You can have students do a snowball toss at the end to put away their snowballs. Have them stand back and try to toss their snowball into a bucket or basket. Snowball props could include plastic balls (like the kind you would find in a ball pit). You could also get white styrofoam balls or cloth balls.

Free Dance B

[Fast Music: A Small Miracle](#)

[Slow Music: Leaving the Den](#)

Snow Globe Free Dance. Play fast music: Students shake and jump at a fast tempo like a snow globe being shaken. Play slow music: The snowflakes fall slowly as we stop shaking our globes. Dance smoothly and at a slower tempo.

Snow Day Adventure

Obstacle Course A

No music needed for this activity.

Snow Play

<i>It's time to play!</i>			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Hop into Snow Pants. Hops across spot markers or into hula hoops.	Step across spot markers or into hula hoops.	Hops across spot markers or into hula hoops.	
Climb Up the Snow Fort.	Climb up an incline mat or ladder on an incline.		
Roll Snowballs.	Sit in a hula hoop and make a snowball pose.	Sit on a spot marker and make a snowball pose. Roll backward then return to sitting.	Forward roll down an incline mat.
Lava leaps. Set out a piece of fabric as a lava river.	Toss beanbags into a bucket. Optional: Do a fireworks jump when finished.		

It's time to come inside! (For 3 to 5 and 5 to 7 year olds)

Put a Log on the Fire! Log rolls.

Hot Cocoa Hops. Place spot markers out as marshmallows in hot cocoa. Students hop from one marshmallow to the next. Optional: At the end, let them pretend to sip a cup of hot cocoa. How many marshmallows are in their hot cocoa? Can they count them?

Optional: Set the course up so the "It's time to play!" obstacles are in a large circle around the room and the "It's time to come inside!" obstacles are at the center of the circle. Call out, "It's time to play!" and students move through the outside obstacles. Call out, "It's time to come inside!" and students move through the inside obstacles.

Snow Day Adventure

Obstacle Course B

No music needed for this activity.

Snow Globe Fun

Optional: Tape the printable snow globe sheets by their appropriate obstacle course section.

Enter our magical snow globe world!

	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Step Up into the Globe.	Step up onto a step stool or yoga block and jump off.		
Slide Across Ice.	Army crawls or crawl through a tunnel.		

Snowman Snow Globe

	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Catching Snowflakes on Your Tongue.	Walk with your head back.	Hop side to side with your head back.	
Rolling Snowballs for a Snowman.	Sit in a hula hoop and make a snowball pose.	Sit on a spot marker and make a snowball pose. Roll backward then return to sitting.	Forward roll down an incline mat.

Reindeer Snow Globe

	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Prance through the Snow.	Set out cones or another prop for students to run around.	Set out cones or another prop for students to prance around.	Set out cones or another prop for students to pony trot around.
Reindeer Leaps.	Run and leap over an object.		

House Snow Globe

	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Put a Log on the Fire!	Log rolls.		
Hot Cocoa Hops.	Place spot markers out as marshmallows in hot cocoa. Students hop from one marshmallow to the next. Optional: At the end, let them pretend to sip a cup of hot cocoa. How many marshmallows are in their hot cocoa? Can they count them?		

Goodbye or Révérence

For complete details on “Goodbye” (ages 1.5 to 5) or “Révérence” (ages 5 to 7), please refer to the [Little Dancer Curriculum’s Teacher Guide](https://oub.dance).

Snow Day Adventure

Student Certificates

When your students have completed this theme, hand out certificates for them to take home!

[Editable, Printable Student Certificates](#)

Recommended Lesson Plans

Ages 1.5 to 3

Exploration

Centre Barre

Traveling A (Weeks 1 + 3)

Traveling B (Weeks 2 + 4)

Centre Allegro

Free Dance A (Weeks 1 + 3)

Free Dance B (Weeks 2 + 4)

Obstacle Course A (Weeks 1 + 3)

Obstacle Course B (Weeks 2 + 4)

Goodbye

Ages 3 to 5

Exploration

Centre Barre

Traveling A (Weeks 1 + 3)

Traveling B (Weeks 2 + 4)

Centre Allegro

Free Dance A (Weeks 1 + 3)

Free Dance B (Weeks 2 + 4)

Obstacle Course A (Weeks 1 + 3)

Obstacle Course B (Weeks 2 + 4)

Goodbye

Ages 5 to 7

Exploration

Centre Barre

Traveling A (Weeks 1 + 3)

Traveling B (Weeks 2 + 4)

Centre Allegro

Free Dance A (Weeks 1 + 3)

Free Dance B (Weeks 2 + 4)

Obstacle Course A (Weeks 1 + 3)

Obstacle Course B (Weeks 2 + 4)

Révérence

Little DANCER™ Children's Ballet Method™



PICKED UP RUNS

Little DANCER™ Children's Ballet Method™



SKIPS

Little DANCER™ Children's Ballet Method™



GALOPS (SIDEWAYS)

Little DANCER™ Children's Ballet Method™



WALKS EN DEMI POINTE

Little **DANCER**[™] Children's Ballet Method[™]



SNOW ANGEL JUMPS

Little **DANCER**[™] Children's Ballet Method[™]



MARCHES

Little **DANCER**[™] Children's Ballet Method[™]



SNOW BANK JUMPS

Little **DANCER**[™] Children's Ballet Method[™]



SNOWBALL SIDE WALKS

Little DANCER™ Children's Ballet Method™



BEAR CRAWLS

Little DANCER™ Children's Ballet Method™



PASSÉ WALKS

Little DANCER™ Children's Ballet Method™



MARCHES

Little DANCER™ Children's Ballet Method™



SPINS

Little **DANCER**™ Children's Ballet Method™



SKATING

Little **DANCER**™ Children's Ballet Method™



FUDGE WALKS

Little **DANCER**™ Children's Ballet Method™



PONY TROTS

Little **DANCER**™ Children's Ballet Method™



PRANCES



Snowman Snow Globe



Reindeer Snow Globe



House Snow Globe

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