

JOIN US AT THE

# MERMAID LAGOON

Little  
**DANCER**<sup>™</sup> *Children's Ballet*  
**Method**<sup>™</sup>



# Mermaid Lagoon

## 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: [Mermaid Lagoon](#)

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

# Mermaid Lagoon

## Traveling A

[Music: Under the Sea](#)

Let's Visit the Mermaid Lagoon!			
	1.5-3 Year Olds	3-5 Year Olds	5-7 Year Olds
Let's get swimming!	Walk with swimming arms	Walk with swimming arms	Run with swimming arms
Seals	Crawls	Crawls	Bear walks
Dolphins	Run and step over an object	Run and leap over an object	Run and leap
Starfish 1	Sideways walks	Sideways galops	Sideways galops
Starfish 2	Fireworks jumps	Fireworks jumps	Fireworks jumps
Seahorses 1	Passé walks	Passé walks	Passé walks en demi pointe
Seahorses 2	Runs	Prances	Pony Trots
Let's swim!	Run with swimming arms freely around the room—like you're swimming through the ocean—for about a minute. Then have students land on a "rock" (a floor marker mat), ready for Centre Allegro!		

## Traveling B

[Music: Part of Your World](#)

**Around the Mermaid Lagoon.** Have your students stand in a circle and place the movement cards face down in the center. Have a student pick a movement card from the pile. Play music and have your students do that movement in a circle, "around the lagoon". Pause the music for your students to stop. Repeat until all students have had a chance to pick a card.

# Mermaid Lagoon

## Centre Allegro

Music: [Poor Unfortunate Souls](#)

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

## Free Dance A

Music: [Shiny](#)

**Dancing in the Lagoon.** Let's dance with the mermaids in the lagoon! Have students dance and pretend they are mermaids. What do they see under the water? Are there fish of different sizes and colors? Can they move slowly through the water? Can they move more quickly?

## Free Dance B

Music: [You're Welcome](#)

**Rhythm & Musicality.** Sit in a circle and explore different rhythms. Use shakers and/or rattles one week and rhythm sticks (preferably created by cutting pool noodles into approximately one-foot lengths to be more kid-friendly for this age group) another week.

Shakers/rattles: Have students count as they shake just once, twice, three or four times, then pause and repeat. Also have students shake high, medium and low to reinforce the concept of levels. You can also allow students to dance at different levels around the room with their shakers.

Rhythm sticks: Introduce rhythm sticks by showing students tapping the sticks together vs. on the floor vs. alternating right and left on the floor. Explore rhythms for different sea animals. For example, a crab walks quickly and lightly. A dolphin leaps over the waves, more slowly and heavily than how the crab walks. Some fish swim fast whereas other swim slow.

# Mermaid Lagoon

## Obstacle Course A

No music needed for this activity.

<b>Mermaid Lagoon.</b> Let's explore in and around the lagoon!			
	<b>1.5-3 Year Olds</b>	<b>3-5 Year Olds</b>	<b>5-7 Year Olds</b>
<b>Hermit crab crawl.</b>	Crawl through a tunnel.		
<b>Crab walks.</b>	Crab walk around cones.		
<b>Whirlpool runs.</b>	Run (en demi pointe for older children) in circles around hula hoops.		
<b>Underwater Volcanoes!</b>	Climb up onto a step stool. Crouch down then star jump off.		
<b>Lagoon breeze.</b>	Carry a scarf or ribbon streamers while hopping (or stepping, for toddlers) from one island (spot marker) to the next.		

## Obstacle Course B

No music needed for this activity.

<b>Around the Lagoon.</b> For this obstacle course, you'll set up most of the obstacles in a large circle around the room (around the lagoon). Your incline mat or yoga mat will face in toward the center of the room (into the lagoon) And you should place a hula hoop at the center of the room (the center of the lagoon).			
	<b>1.5-3 Year Olds</b>	<b>3-5 Year Olds</b>	<b>5-7 Year Olds</b>
<b>Around the lagoon.</b>	Run through cones.		
<b>Across a log.</b>	Walk across a balance beam.		
<b>Through a hollow log.</b>	Crawl through a tunnel.		
<b>Over a rock.</b>	Step up onto a step stool and jump off.		
<b>Into the lagoon.</b>	Forward roll down an incline mat or log roll across a yoga mat, into the lagoon! (Into the center of the room!)		
<b>Middle of the lagoon.</b>	Place a hula hoop at the center of the room and have students twirl in the hoop after their rolls. Students can pretend to swim (walk with swimming arms) from the hoop to the beginning of the course to go again!		

## 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).

## 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**

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**WALKS WITH SWIMMING ARMS**

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**CRAWLS**

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**SIDEWAYS WALKS**

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**RUN AND STEP OVER AN OBJECT**

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



**BEAR WALKS**

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



**RUN AND LEAP OVER AN OBJECT**

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



**SIDEWAYS GALOPS**

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**SWAYS WITH CHASSÉS**



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**PASSÉ WALKS**

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**PASSÉ WALKS EN DEMI POINTE**

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**PRANCES**

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**PONY TROTS**

# Mermaid Lagoon



# Mermaid Lagoon



# Mermaid Lagoon



# Mermaid Lagoon

