

CALM CLASSROOMS KIT

Winnie-the-Pooh Edition



Children's Ballet
Method™

Children's Ballet Method™

**CALM CLASSROOMS
CONVERSATIONS
CARDS**

Happy

Winnie-the-Pooh is super happy. He found a honey pot full of honey!



We all feel happy at times! We might also say we feel cheerful or joyful. Usually, we are happy when we are doing something we like to do. We can also be happy when we are kind to others and others are kind to us.

Can you think of something that makes you happy? How does your body feel when you're happy?

Happiness can be a great emotion to feel in dance class, as long as we are also calm enough to sit or stand still, wait our turn, and listen to our teacher.

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Excited

Today, Piglet is so excited he'll be going to a birthday party!



Feeling excited can be so much fun! We might also say we feel amazing, energetic, or inspired. Can you remember a time when you felt excited? How does your body feel when you're excited?

When we're excited in dance class, it can be hard to be calm enough to sit or stand still, wait our turn, or listen to our teacher.

We can calm down by taking some deep tummy breaths. Let's practice! Pretend you're a brown bear hibernating for the winter. Breathe slowly and deeply in and out of your nose. Imagine your breath filling your tummy and flowing through your entire body. How do you feel now?

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Silly

Tigger is almost always filled with cheer. But sometimes he can get too silly.

It's okay to be silly in dance class when it's the right time. For example, we might be doing a silly freeze dance! We can be silly during that activity. But when the activity is over, it's time to calm down and listen to the teacher to know what to do next.



Sometimes we might feel extra silly because we don't quite feel our best that day. We might also say we feel goofy or have the wiggles. Can you think of a time when you felt extra silly? How does your body feel when you're feeling silly?

If you're feeling too silly to pay attention in dance class, let your teacher know so they can help. Sometimes shaking our sillies out is the perfect way to help our bodies get rid of some of that too-silly energy. Follow that with some deep breaths to calm your body down when you're done.

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Sad

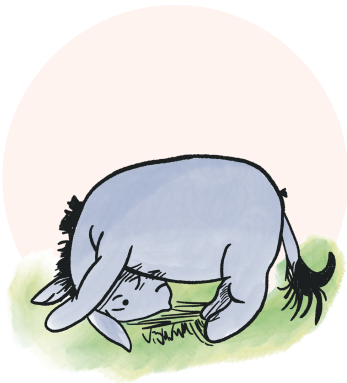
Sometimes, Eeyore loses his tail, and that makes him feel sad.

Dance class is usually a fun place, but we can still feel sad sometimes. There may have been something that happened to us outside of dance class. It's okay to still feel sad about that thing.

We might feel sad because we miss our parents if they are not in class with us. Remembering we'll get to see them after class can help us to feel better.

When we're sad, we might also say we're feeling gloomy or upset. Can you think of a time when you felt sad? How does your body feel when you're sad?

If you're feeling extra sad about something in dance class, it can help to let your dance teacher know. Talking about what's making you sad is one way to help you feel better.



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Mad

Everyone gets mad from time to time, but some people are better at handling this big emotion than others. We might also say we're angry or frustrated. As cheerful as Tigger is, even he can get mad once in a while.

Sometimes in dance class, it can be frustrating if we can't do a step or movement we want to do! We should always remember that dance class is about having fun and trying our best. When we keep trying, we'll learn we can do things we couldn't before.

Can you think of a time when you were mad? How does your body feel when you're mad?

If you're really mad, it's okay to stomp your feet or push a wall to get your mad energy out. Then take some deep breaths in and out of your nose like you're smelling a beautiful flower. As you breathe in, imagine a beautiful, calming energy flowing through your entire body. As you breathe out, imagine all the mad energy flowing out of your body. How do you feel now?

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Calm

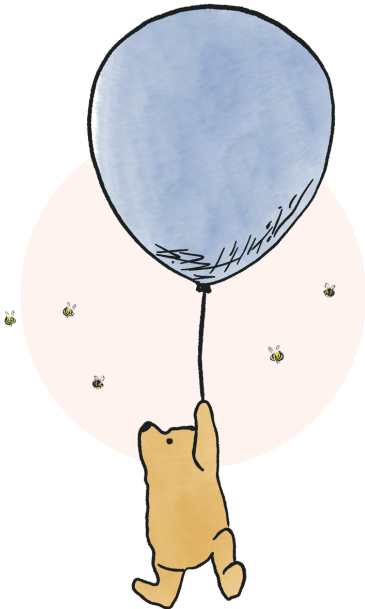
Today, Pooh is feeling happy—even excited—to be at dance class. But he knows when he gets too excited, that can make dance class less fun for others, and even himself. He takes some tummy breaths if he feels like he's getting too excited in class.

If he starts to feel sad because he misses Christopher Robin, he reminds himself that he'll see him after dance class.

Sometimes Pooh can't quite do a step as well as he'd like. He may start to feel frustrated. He takes a few deep breaths, and he remembers to keep trying his best. He'll get it one day. In the meantime, dance class is way better when he decides to have fun.

Pooh got plenty of sleep last night and ate a healthy snack before class, so he's feeling focused instead of super silly during class. This helps him to have fun, listen to the teacher, and be a good friend to his classmates.

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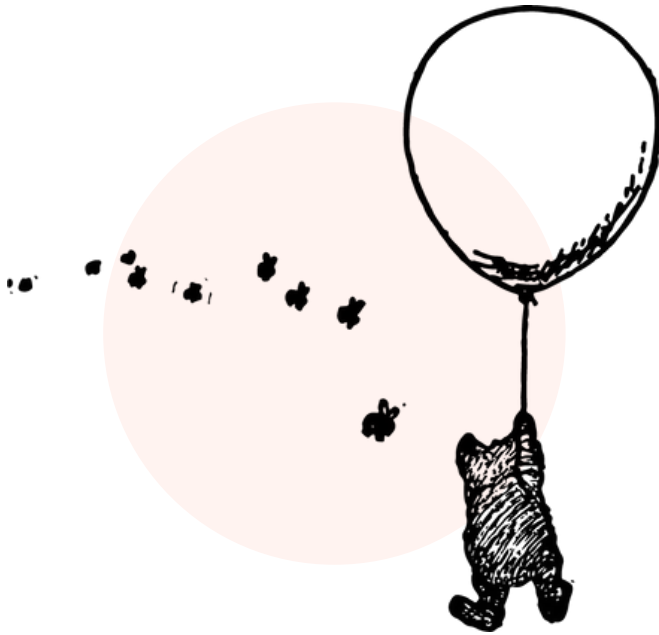


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**CALM CLASSROOMS
MOVEMENT CARDS**

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DANCE LIKE YOU'RE HAPPY

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DANCE LIKE YOU'RE EXCITED

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DANCE LIKE YOU'RE SAD

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DANCE IN A SUPER SILLY WAY

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DANCE LIKE YOU'RE MAD

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DANCE IN A CALM WAY

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**DANCE LIKE YOU'RE PLAYING
IN THE RAIN**

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**DANCE LIKE YOU'RE PLAYING
WITH A FRIEND**