



Parent and Tot Creative Dance Curriculum

Our Parent and Tot Creative Dance class, for ages 18 months to 3 years, is designed to connect and engage both caregivers and toddlers in a loving dance environment. Caregiver full participation is essential to success in the classroom. No previous dance experience needed, just a willing, moving heart. Dancers and caregivers will be able to explore and make choices as they move throughout the class. Caregivers will need to be able to sit down on the floor, and get back up again without much trouble. Variety of body types, interests, genders and strengths make our class successful and enriching.

Our Creative dance class uses songs, rhymes, books, props and imagery to support developmentally appropriate movement of young dancers and their caregivers. While we work on strengthening, stretching, balance and other specific dance skills and steps we are also cultivating the young dancer's social emotional development as well as language acquisition. Dancers are practicing and developing life skills in a safe and nurturing environment, and having lots of fun too.

Each weekly class will consist of the following:

- Warm-up Songs and Movement: Engaging the brain and body in movement, welcoming dancers to move and be together.
- Locomotor: Moving across the floor and throughout the general space. Learning to navigate themselves, with other movers developing spatial awareness working on steps and skills, and connecting locomotor steps together. Specific dance elements taught and enforced.
- Rock-a-bye: A chance for the caregiver to cuddle, rock and move their little dancer through the space. A moment to re center the dancer.
- Circle Technique: Standing and sitting technique. Focusing on stretching, strengthening, and training the body to move properly, gaining the tools to create. Support of dance elements.
- Creative: Choice making, collaborative choreography, improvisation, sharing movement with others and observation. Often we use books, images, props and other inspiration to find movement vocabulary to explore and create. This is where we will explore the dance elements that were taught earlier in the class.

- “Signature Dance” Out the Door: Every dancer has a unique voice and every week they get to dance out the door their own way and share their “signature” of movement. A moment for them alone to move and share with their peers and instructor. (One of the best moments!)

*Developmental life skills especially we work in with this age (2-4 year olds) are: 1-2 step instructions, taking turns, sharing, following directions and a teacher, defining personal space, working with other dancers, routine and rituals, and expanding vocabulary.

Monthly Focus

These are the main concepts that will be covered each month. Specific skills fit alongside these broader concepts. We work on these skills in various ways in class and will explore these through books, seasonal themed activities, songs, props and in many more ways.

August & September: Contrasting Movement and Body Awareness: Stop and go, fast and slow.

October: Spatial Awareness: Big and Little, Levels

November: Personal and General Space: Pathways and Shapes

December: Integration of skills: Preparing to share skills and creativity with audience

January: Energy Qualities: How movement feels and looks (i.e. light or heavy, sustained or percussive, etc)

February: Social Awareness: Sharing, cooperating, responding to other’s movement

March: Communication: Telling stories through movement.

April: Collaborative Choreography

May: Performance skills and preparation.