

Meet the Princess Ballerinas...

Mia is sporty, fun, and enthusiastic. She loves to dance, read, and imagine her own stories. Mia likes to draw super-colorful pictures, too. Mia always wears a tiara because she truly believes she is a princess.

Mia



Birthday: October 2

Favorite colors: Purple and pink

Best Ballet Move: Jeté

Hobbies: Dancing, drawing, painting, reading

Favorite foods: Ice cream and pizza

Favorite animals: Dogs and turtles

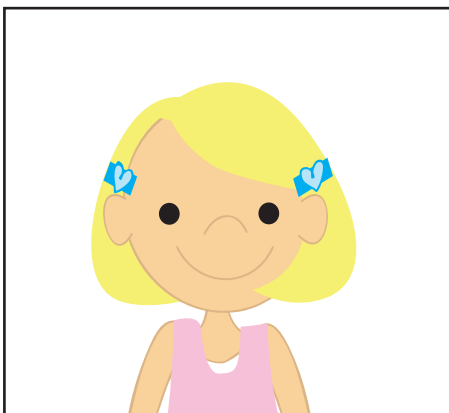
When I grow up: I want to be a teacher and a dancer.

Special talents: Making up creative stories. I can also jump rope to 50 without messing up!

Favorite princess: Belle from Beauty and the Beast because she likes to read and tell stories.

Isabella is sweet, friendly, smart, and polite. She loves spending time with her two older sisters and her mom. They love to bake, dance, sing, and play games together. Their favorite activity is singing karaoke!

Isabella



Birthday: July 11

Favorite color: Pink

Best Ballet move: Plié

Hobbies: Dancing, baking, and singing karaoke

Favorite foods: Cupcakes and strawberries

Favorite animal: Bunnies – they are soooo cute!

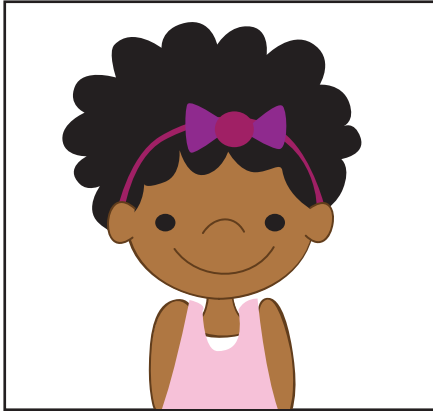
When I grow up: I want to be a singer, dancer and cupcake baker.

Special talent: I know song lyrics by heart after hearing them once or twice.

Favorite princess: Elsa because she is a good singer and can change ice and snow into stuff.

Sofia is creative, quirky, and very silly. She dances, practices gymnastics, and loves nature. Sofia loves her cat Daisy, and all kinds of animals. She also has a great sense of humor and always says the silliest things!

Sofia



Birthday: February 15

Favorite colors: Pink and green

Best Ballet Move: Arabesque

Hobbies: Dancing, gymnastics, caring for animals

Favorite foods: Macaroni and cheese and candy

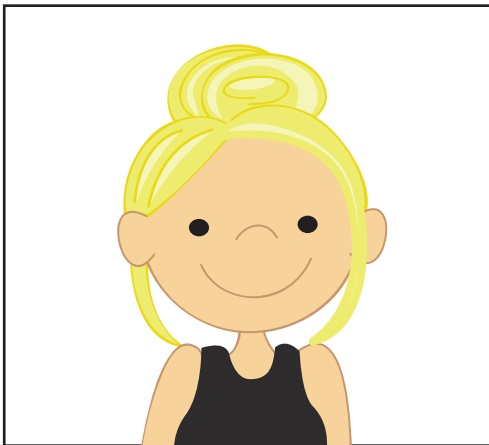
Favorite animal: Giraffes and kittens

When I grow up: I want to be a candy store owner and a vet.

Special talent: I can do somersaults, cartwheels, and round-offs.

Favorite princess: Sleeping Beauty and Snow White because they had many animal friends.

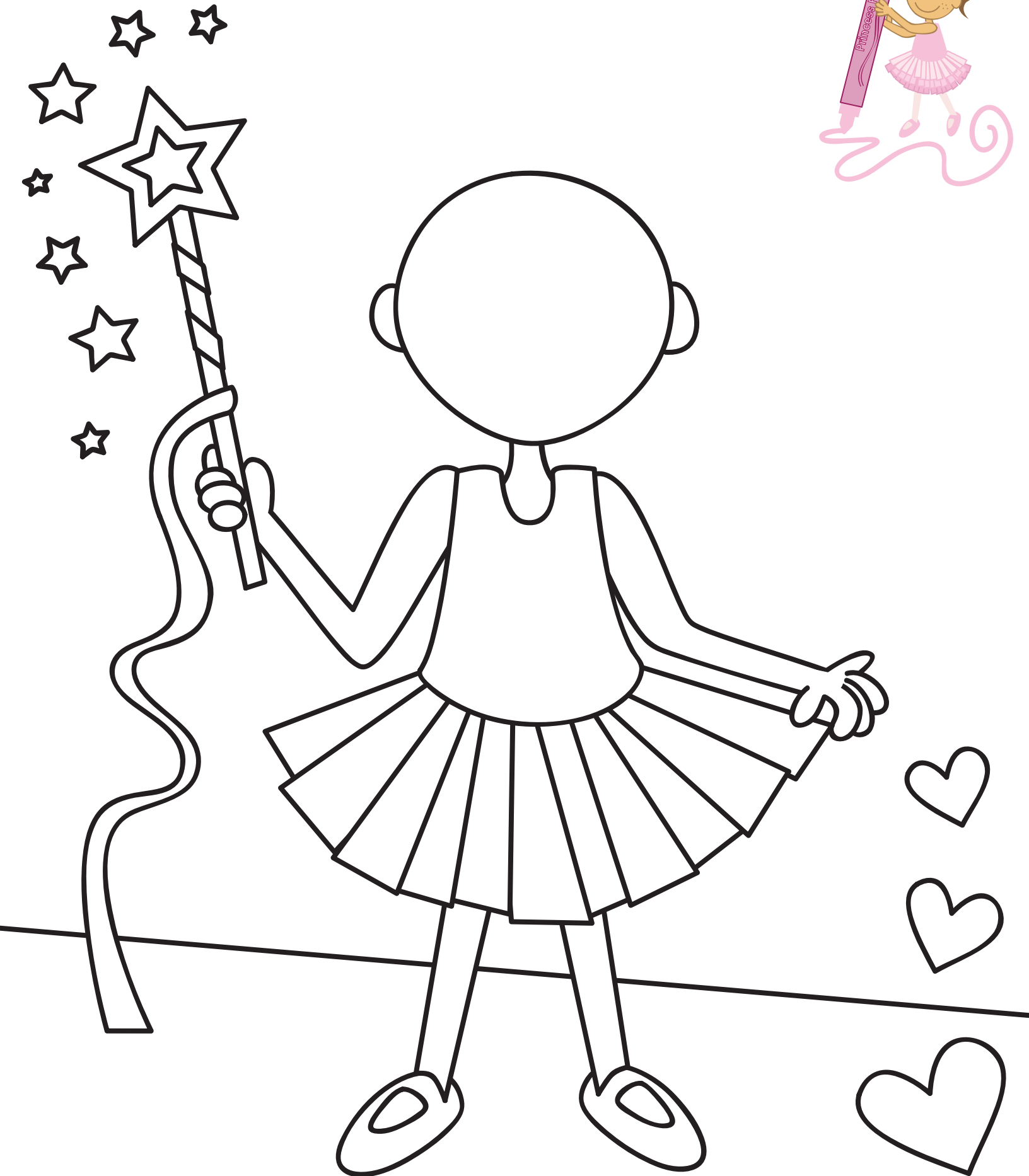
Miss Megan



Miss Megan is the best ballet teacher! She is friendly, kind, and she always has a big smile on her face. She teaches the princess ballerinas all about ballet with creative adventures that get them moving and pretending. She encourages them to be kind, thoughtful, and helpful friends, too!

Miss Megan isn't just a teacher - she is also a very talented dancer and an inspiration to all her students.

Mia loves to draw and color. Help her finish her picture.
Draw a face and some hair on the ballerina. Then color it with your favorite colors.

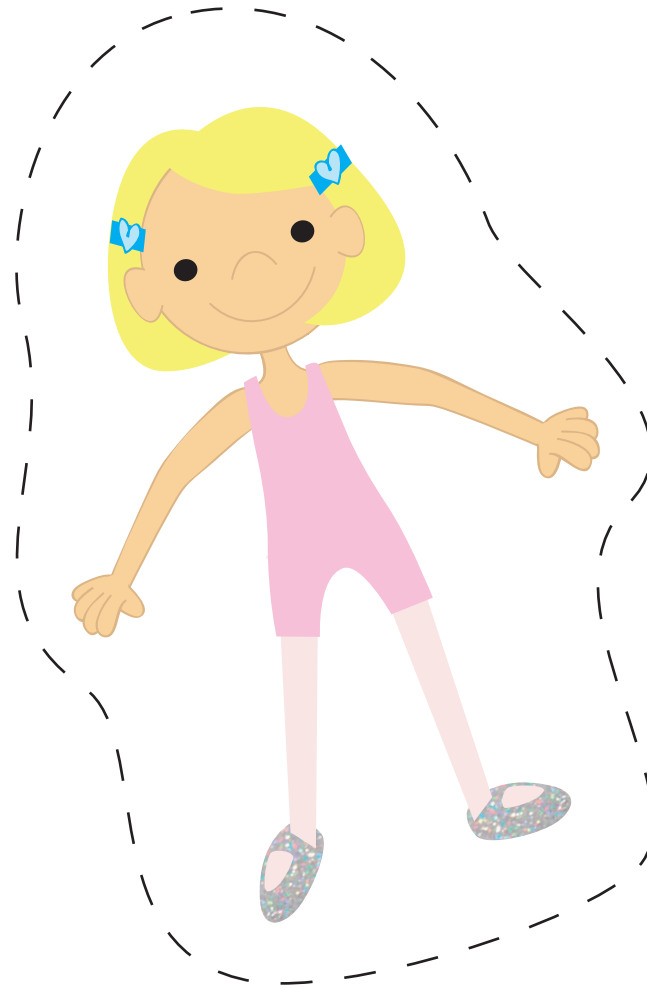


Ballerina Paper Dolls

What you need: cardstock paper, clear contact paper, scissors, tape or glue dots

What to do:

1. Print out the dolls and dresses on heavy cardstock paper.
2. Have an adult help you cut out the dolls and dresses along the dotted lines.
3. (Cover dolls and dresses with clear contact paper so they last longer.)
4. Place a roll of tape (or a glue dot) on the back of the dresses.
5. Stick the dresses to the ballerinas and pretend they are going to a dance!



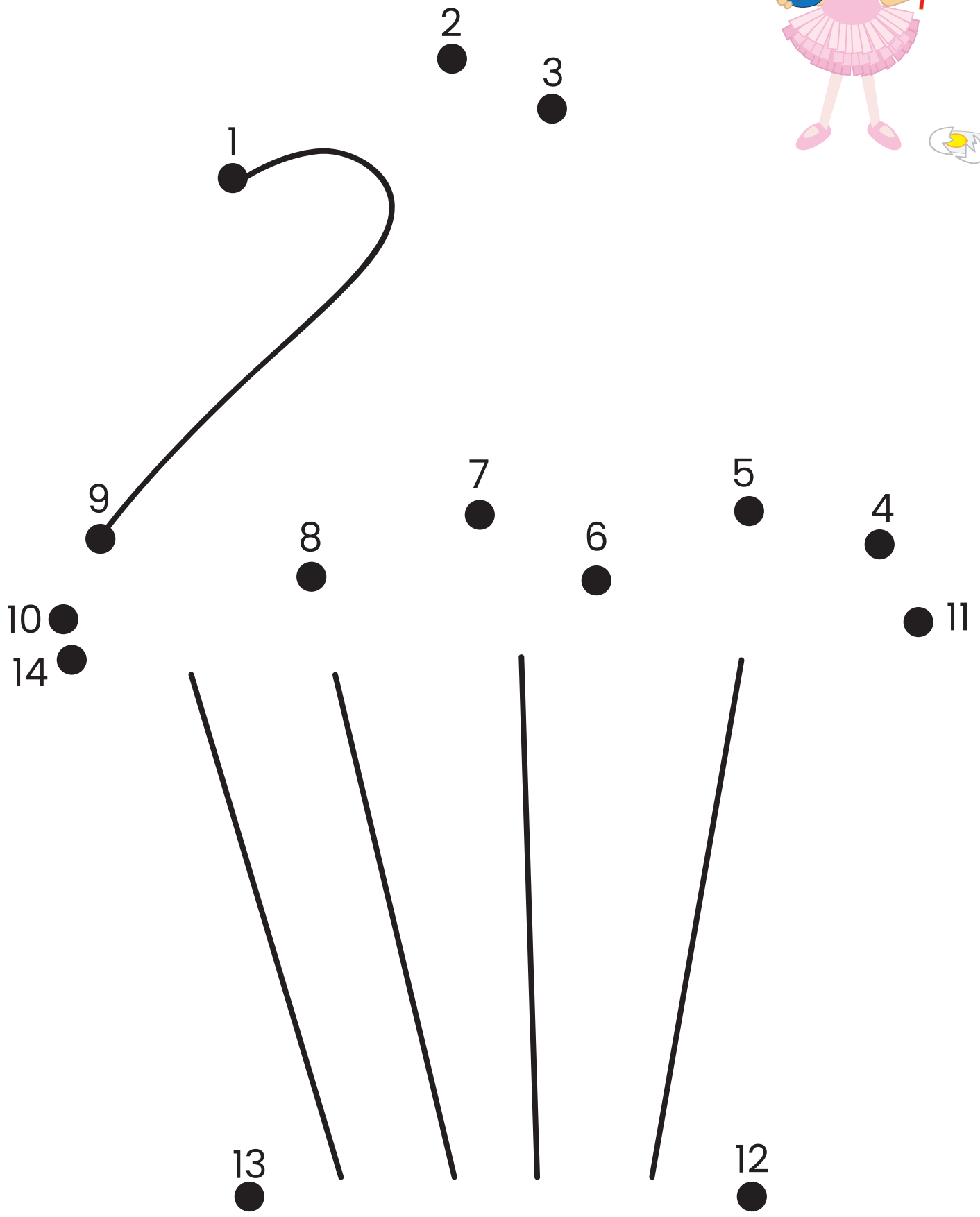
Optional fun idea:
Glue a craft stick to the back
of the ballerinas
to make puppets!



Sofia is at the zoo! She can't wait to see her favorite animal - the giraffe!
Draw a line on the path to help her get there. Be sure to say, "hi" to all the other animal friends along the way!



Isabella is baking one of her favorite treats.
Connect the dots from 1 to 14 to find out what it is.
Then color the picture.



The 5 basic ballet poses



1st position



2nd position



3rd position



4th position



5th position