



**Lesson Theme:** Winter Wonderland

**Suggested Props:** Snowflakes (craft stores/Michaels), Plastic or foam mugs (hot chocolate penché), fake snowballs, scarves in blues/whites, ribbon sticks in blues/whites/silver colors.

**Matching Spotify Playlist:** Search "Princess Ballerinas: Winter Wonderland 1" in Spotify.

**Lesson Plan:**

**Pre-class Ambiance:** Suggested song: "Sleigh Ride" by Derek & Brandon Fiechter.

1. **Welcome Warm- Up:**

- Welcome Circle (Suggested song: "Greensleeves" by Jim Wilson)
- Stretches (Suggested song: "Overture" from George Balanchine's *The Nutcracker*)

2. **Dancing With My Friends** (Center or Circle)

- **Icicle Balance** (1<sup>st</sup> & 2<sup>nd</sup> position) (Suggested song: "Canon" from Ballet Kids). Idea: Pretend to be "frozen" icicles while balancing.
- **Snowy Rond de Jambe** (Suggested song: "Playing In The Snow" by APM Kids Holiday Crew). Imagine drawing quarter circles & half circles in the snow.
- **Snowflake Spotting** (Suggested song: "I Make A Snow Friend" by Miss Christy and the Wee Heart Big Kids). Idea- Tape a snowflake to the mirror to practice spotting.
- **Hot Chocolate Penché** (Suggested song: "Act II: Hot Chocolate" from George Balanchine's *The Nutcracker*). Idea: Standing in a circle, take turns pouring each other hot chocolate while practicing penché.

3. **My Time To Shine** (Across The Floor)

- **Snowflake Sways** (Suggested song: "Snowflakes, Snowflakes" by the Kiboomers).
- **Frosty Stop & Balance** ("Freeze") on one foot. Traveling across the floor or in a circle (follow the leader style). (Suggested song: "Walk and Freeze" by Die Ballet)
- **Deep Snow Passé Walks** (pretend to be walking in deep snow). (Suggested song: "Walk in the snow" by Kittyko).
- **Snow Bunny Hops** (bunny hops). (Suggested song: "Bunny Hop" by Preschool Kids),

4. **Watch Me Perform** (Character & Choreography)

- **Character**
  - Themed character song (follow along & act it out): (Suggested Song: "I'm A Little Snowman" by The Kiboomers).
- **Choreography**
  - Song: Suggested Song: "Let It Snow, Let It Snow, Let It Snow" by The Countdown Kids. See separate choreography notes.

- **Improvisation**

- i. Free Dance. *Suggested song: "Do You Want To Build A Snowman?" from Frozen Soundtrack.*

5. **Thank You & Goodbye** (Reverence). *Suggested exit song: "The Jolly Snowman" by Brandon Fiechter.*

- Review
- Curtsy & Sticker

## Choreography Notes

"Let It Snow, Let It Snow, Let It Snow" by The Countdown Kids.

- Hold 5-8 (begin dancing with lyrics).
  - Hand on hips, right foot taps out in 2<sup>nd</sup> position 2x on counts 1-2, close and hold in 1<sup>st</sup> position counts 3-4, repeat to the left side with the left foot on counts 5-6, close and hold in 1<sup>st</sup> position counts 7-8.
  - Plié in 1<sup>st</sup> with arms in 1<sup>st</sup> counts 1-2, relevé with arms in 5<sup>th</sup> counts 3-4, Slowly lower back down to 1<sup>st</sup> position with twinkly "snow fingers" on counts 5-8.
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- Sauté in 1<sup>st</sup> position 4x (counts 1-4), sauté in 2<sup>nd</sup> then 1<sup>st</sup>, 2<sup>nd</sup> then 1<sup>st</sup> (counts 5-8). *Hands on hips*
  - REPEAT: Plié in 1<sup>st</sup> with arms in 1<sup>st</sup> counts 1-2, relevé with arms in 5<sup>th</sup> counts 3-4, Slowly lower back down to 1<sup>st</sup> position with twinkly "snow fingers" on counts 5-8.
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- Relevé walks forward counts 1-8. *Hands on hips or in 1<sup>st</sup> position*
  - Passé walks backwards counts 1-8. *Hands on hips or in 1<sup>st</sup> position*
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- Chassé to the right side counts 1-4. Return with a chassé to the left side.
  - REPEAT: Plié in 1<sup>st</sup> with arms in 1<sup>st</sup> counts 1-2, relevé with arms in 5<sup>th</sup> counts 3-4, Slowly lower back down to 1<sup>st</sup> position with twinkly "snow fingers" on counts 5-8.
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- Repeat "snowy fingers" 1-4, Ending pose on counts 5-8.

[The End]

**This is a partial sample of the Princess Ballerinas Lesson Plan Its.**

**Each themed lesson plan comes complete with...**

- **Two themed lesson plans.**
- Ready-to-use matching **Spotify playlist.**
- **Printable floor markers/wall spots** to bring a visual element to the experience.
- Matching **coloring page.**
- Matching **skill sticker chart.**
- Matching **award certificate.**



Visit [www.PrincessBallerinas.com](http://www.PrincessBallerinas.com) to check on exclusive availability in your area! Princess Ballerinas Dance Programs are limited to one per zip code.

## About Princess Ballerinas:

The Princess Ballerinas Dance Program was originally created by Megan Meyers for her own students in her California dance studio. The Princess Ballerinas themed lesson plans are currently being used by over 400 studios across the U.S., Canada, U.K. and Australia.

*"My passion is to share simple tools that bring back the fun and joy of teaching and studio ownership while also creating a more magical experience for students..."*



*Megan Meyers- Studio Owner & Creator of the Princess Ballerinas Dance Program*

## Reviews From Teachers & Studio Owners Like You:

"From one dance teacher from another I thank you! Your ideas are great!"

*Kamilah- Dance Teacher*

"I really enjoyed everything about it. It's easy to follow, LOVE that you have suggested songs, and your lessons keeps the kids moving! It was especially helpful for me this month as I have been very busy and planning has been difficult! Your lesson plan has probably saved me at least 2 hours of planning . A fellow teacher sent me the information and it was perfect!"

*Kelly- Dance Teacher*

"I love that you have listed so many songs to use. I also LOVE the Halloween coloring sheet—I know my dancers will love that. I'm sure it saved me at least 1-2 hours on selecting music and fun creative things to do."

*Marilyn- Dance Teacher*

"My students THINK they are playing! They don't realize how much they're actually learning. That's what I love most about it. It makes class fun for EVERYONE!"

*Sharon- Dance Teacher*

"The dancers (& teachers) are thoroughly enjoying your lesson plan. Thank you!!!"

*Ashley- Studio Owner*

## **Dancer starts her own successful business teaching dance with the Princess Ballerinas Dance Program...**

"Before Covid-19, I was a NYC professional dancer signed to CESD talent agency. In between commercial and Musical Theater gigs, I worked flexible day jobs to pay the rent. Fast forward to today, I'm now the dance teacher and owner of Pixie Pods. I'm a traveling dance teacher in the NYC area that teaches mostly outside classes to Pods (3-10 students) and Private Lessons. I teach ballet using the Princess Ballerinas program [...] **I'm making money doing something I'm passionate about!** NONE of this would have happened if I hadn't found Princess Ballerinas Program. Someone recommended it and I'm so glad I tried it! **Thanks to Princess Ballerinas, in just one month, I have made \$1,673 in sales and gained 20 students.** Currently, I'm teaching 5 pods and on Halloween I'm teaching three 90min ballet parties. Every day, I emailed inquiries from parents. It's safe to say it's a hit and I have found my calling! Parents were attracted to the Skill chart, fun themes and the 4 class sessions ending in a recital. **They were so impressed with me!**

Just 3 months ago, I had no idea how to teach to little kids. I have been dancing and training since I was 7 years old. But many years later I didn't remember how dance classes for little tots were structured or what holds their attention. The Princess Ballerinas program did the research for me. The lesson plan done! Playlist done! Choreography done! Of course, I can still be creative and teach it adding my own flare but the hard parts are done!! I don't have children, so I don't know how long it would have taken me to find child friendly music that matches the theme. That truly is a BIG time saver! **In conclusion, I highly recommend PB program. Not only is it very nicely done, but it is actually FUN to teach. and my little dancers love it!"**

Porsha- Dance Teacher

## **"This program has been one of the best investments I have made..."**

*"The Princess Ballerinas Program has been a lifesaver! Not only has it helped spark my creativity and love for working with the younger students again, but it has given my studio more credibility. As an owner and teacher, I love the ready to go lesson plans and Spotify playlists. It takes all the guess work out of prepping for classes and the benchmarks students need to be meeting. The parents love the structure and the value it brings to the classes. The students love the fun themes and sticker charts. This program has been one of the best investments I have made."*

Mallory- Studio Owner

"I like having an editable version of the lesson plans. My preschool classes are combo tap/ballet classes, so this way I can add in my own tap portion, as well as any other songs that are already in my rotation for ballet that I plan to use. I like having fresh ideas and imagery that I hadn't already thought of (I love the imagery of balancing a witches hat on your head during the exercise!). What I love most, to be honest, is not only having song suggestions listed (which I always love new song suggestions) but having a Spotify playlist ready and linked! That part is spot on. Also, having the Spotify playlist makes it easy for all of my teachers to have access to the same music from their own devices, rather than having to share one ipod with all of the class music on it. "

Katy- *Dance Teacher*

"WOW!! What a great tool for teaching. Thanks so much!"

Cynthia- *Dance Teacher*

"So far my students have really enjoyed these lessons and I have just started week 1 with them!"

Jamie- *Dance Teacher*

"I own a studio and was just brainstorming about how to add a little something to my already successful tiny tots program! These are great ideas to enhance what we have going on. Thank you for sharing and motivating us crazy dance teachers to keep things exciting and fresh!!"

Shelley- *Studio Owner*

**"It has transformed our preschool program into a much stronger program..."**

*Princess Ballerina's has been a lifesaver. Parents have noticed the change in curriculum and structure and are very pleased - offering us raving reviews about our curriculum. Princess Ballerinas has also helped us with staff training and also their growth. [...] The module and themed program keeps the kids engaged and excited and also shows tremendous organization to the parents. (Side note: It also keeps it interesting for us teachers. We love new ideas and ways to teach the kids concepts we have been teaching for years.)*

*The skill charts also offer a visual representation that the kids are learning each week. The parents love seeing progress - they feel like their time and money are growing. Thank you for offering this program, it has transformed our preschool program into a much stronger program.*

*Felicia- Studio Owner*

**Get started by checking on exclusive availability in your area!**

Visit [www.princessballerinas.com](http://www.princessballerinas.com) to check on availability for your area.

**Questions?** Email [megan@princessballerinas.com](mailto:megan@princessballerinas.com)