

Hands-on artistic programming in a supportive, small group setting

Geared toward all ability levels



FIRST LESSON - 1 ½ - 2 Hours

Opening Greeting - Students say name, pronouns, goals for the class.

Create Community Agreements on how we will treat each other in the space, followed by the plan for the day.

Physical Warm-up - includes technical skills and dance vocabulary. This includes isolations of the chest and hips, lunges, head rolls, side bends, ab exercises and hamstring stretches etc.

Assessment - Teaching a short dance combination or across the floor exercise to assess what the students already know. Then a full group circle

conversation where the students can share some of their favorite dance moves/styles and discuss the form of movement and music they prefer.

Journaling - introduce journaling and begin prompt questions along with sharing time.

Small Group - sharing journaling stories and ideas based on prompt questions.

Performance Preparation - exploring movement vocabulary in a teacher- led dance game.

Closing reflection - Discuss first day takeaways and thoughts, then closing yoga-based cool-down movement sequence.



SECOND LESSON - 1 ½ - 2 Hours

Opening Greeting - Students say name, pronouns, goals for the class.

Review Community Agreements

Physical Warm-up - includes isolations of the chest and hips, lunges, head rolls, side bends, ab exercises, hamstring stretches etc.

Group dance combination or across the floor to teach movement vocabulary.

Dance Game - (example - tell a popular Disney story without any words and we need to guess what story it is).

Journaling - prompt questions and quiet time.

Small Groups - discuss ideas for a performance story.

Performance Preparation - in small groups or on their own, begin to play with story ideas and movement concepts.

Choose music or other inspirations.

Closing reflections - as a group with final stretches and relaxation movement.

TO LEARN MORE

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April 2025