

SUMMER NEWSLETTER

The Little Journal

August 31, 2026

the little
dance
project



CHOREOGRAPHY



SELF EXPRESSION



SPATIAL AWARENESS



FLEXIBILITY



TEAMWORK

Monthly Movement Concepts

This Summer's Movement Concept: BODY PARTS AND SHAPES

Why Body Parts and Shapes?

When we explore the concept of BODY PARTS we start with body part identification. This is the first step in our foundational skill of body awareness. Once our dancers can identify their body parts, we then introduce the skill of isolating body parts. This awareness leads to the skill of body control which then leads to coordination. We begin to comprehend that the power of our legs pushes us into the air when jumping and that our strong back holds our arms in a curvy first position shape. We continue to develop the vocabulary we started to build while exploring the previous concepts. We discover how we can include each concept into our body parts as they move.

BODY PARTS

Head
Shoulders
Elbows
Stomach
Hips
Legs



Fingers
Hands
Arms
Knees
Feet
Toes

BODY SHAPES

Tall and
Small Shapes



Purposeful Practice

[Click here to see videos of what we are working on in class!](#) 
This year, we are sharing recordings of our choreography so you can work on our moves at home! This gives you a little peek into what we do in class.

We hope this inspires you to practice with your little one!

Our teachers' focus will always be to create a fun, safe, and creative learning environment for our dancers to grow, learn and explore. The videos aren't meant to be high quality footage of class.

SUMMER DANCE MOVES



All children in the videos have photo releases

Summer Music

Our favorite songs from this July

Our favorite songs from August

I bet your little ones will recognize some of these songs!



New Next Year!

Penny Prima Flashcards

Updated themes

New props - blocks, bells, feathers, and bean bags

