

WINTER NEWSLETTER

The Little Journal

December 23, 2025



CHOREOGRAPHY



SELF EXPRESSION



SPATIAL AWARENESS



TEAMWORK

This Month's Movement Concept

December's Movement Concept - DIRECTIONS

Why explore directions?

When we explore DIRECTIONS, we improve our balance, coordination, and spatial awareness. Moving forwards, backwards, sideways, up and down, helps build confidence, especially as we travel backwards and to our non-dominant side. This skill is necessary for our future dance training. Choreography may call for a dancer to perform a skill on their non-dominant side and moving formations may have dancers experiencing many different directions.

In addition, moving up and down and left to right prepares our developing brain for future reading and writing by increasing our emergent literacy skills. We also continue to develop the vocabulary we started to build while exploring PLACE, SIZE, and LEVEL. We explore how those movements can move in different directions.

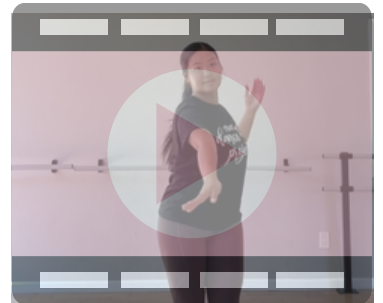
Purposeful Practice

[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.



All children in the videos have photo releases

December Music

[Our favorite songs from this month](#)

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



Skills to practice:

Tendue legs out and back to first
Passe walks around the house
Battement kicks to side
Small ball squat to big star jumps
Wash your hair
Hug your self and bounce to beat



Check out this blog

[Benefits of Dance for Kids](#)

"Dancing, especially to music, can help improve neurological function. Music stimulates children's brains, which can help them improve their cognitive skills as they grow. Dance combines music with learning and problem solving. Your child learns how to focus, work with rhythm and improve their memory as they figure out new steps and routines."

DECEMBER MOVEMENT CONCEPT

December's movement concept is DIRECTIONS!

We can dance UP, DOWN, FORWARD, BACKWARD, SIDEWAYS, AND DIAGONAL

Why do we explore DIRECTIONS?

When we explore DIRECTIONS, we improve our balance, coordination, and spatial awareness. Moving forwards, backwards, sideways, up and down, helps build confidence, especially as we travel backwards and to our non-dominant side. This skill is necessary for our future dance training. Choreography may call for a dancer to perform a skill on their non-dominant side and moving formations may have dancers experiencing many different directions.

In addition, moving up and down and left to right prepares our developing brain for future reading and writing by increasing our emergent literacy skills.

We're learning about... DIRECTIONS

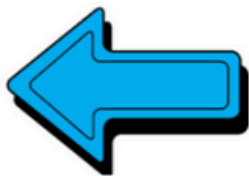
Reflection:

Ask me to make a shape with all my body parts reaching down?
How about a shape with all my body parts reaching forward?

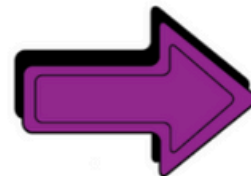
UP



We can dance in six directions!



Sideways



Backward

Forward



Down



Explore at Home:

Explore different locomotor movements (walking, running, sliding, jumping, galloping...) in all directions.

NOVEMBER MOVEMENT CONCEPT

November's movement concept is **LEVEL!**

We can dance **HIGH, MIDDLE,** or **LOW!**

Why do we explore LEVEL?

The concept of **LEVEL** leads to the development of many of our foundational skills. When we explore **LOW** level movements like slithering, bear walks, or crab walks we develop our core and upper body strength. With movements that cross our midline, such as crawling, we are improving the connection and coordination between both the right and left sides of our brain.

When we explore **HIGH** level movements such as leaping, jumping, and skipping, we develop our core and lower body strength as well as our balance. Moving from high level to low level and across the midline prepares our developing brain for future reading and writing.

We're learning about...

We can dance on three different levels.

LEVEL

High



Middle



Low



Reflection:

Ask me to make a big shape on a low level.

How about making a small shape on a high level?

Explore at Home:

Explore different ways to travel through space on each level. Incorporate different sizes in your explorations.

OCTOBER MOVEMENT CONCEPT

October's movement concept is **SIZE!** We can dance **BIG** or **SMALL!**

Why do we explore SIZE?

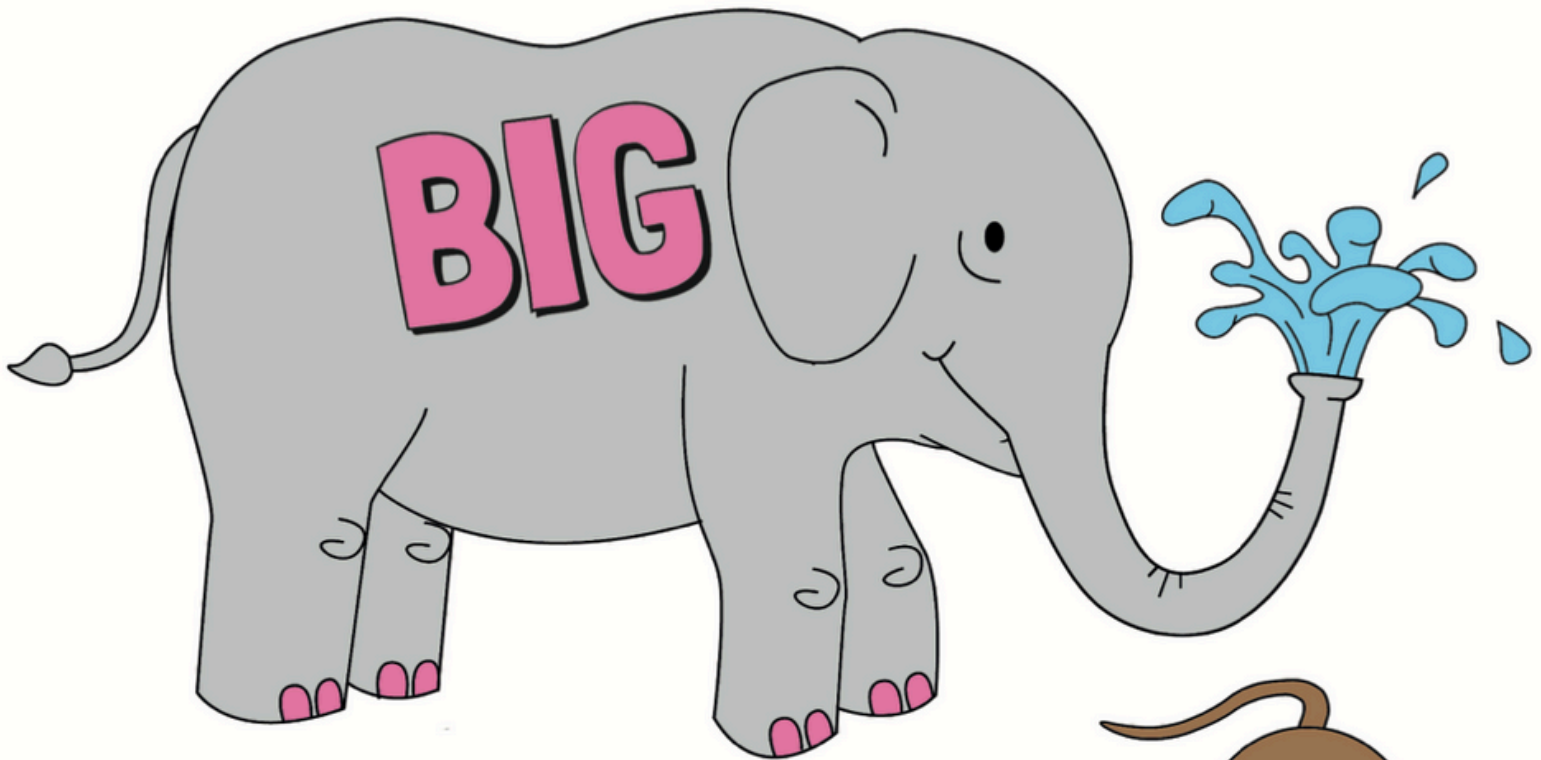
When we explore the concept of **SIZE**, we begin to understand our full body extension. We work on spine flexibility and core strength from curling into and moving in a small shape (that's our near reach) and stretching out and moving in a big shape (that's our far reach).

These discoveries lead to proper alignment in our dance training. We also continue to develop the vocabulary we started to build while exploring **PLACE** last month. We discover how big and small those movements can be.

We're learning about...

When dancing, we can move **BIG** like an elephant or we can move **SMALL** like a mouse.

SIZE



Reflection:

Ask me to make a shape as big as an elephant.

Ask me to make a shape as small as a mouse.

Explore at Home:

When you're watching your favorite movie together, curl up into a small shape or spread out into a big shape.



SEPTEMBER MOVEMENT CONCEPT

September's movement concept is **PLACE!** We can dance **IN PLACE** or **AROUND OUR SPACE**.

Why Place?

Place is the very first concept we teach at the beginning of the dance season. When we explore the concept of PLACE, we discover our kinesphere, our bubble of personal space. We explore all the ways our bodies can move in our kinesphere **ON OUR SPOT** (non-locomotor movements) as well as how we can move our kinesphere **ALL AROUND** from one place to another (locomotor movements).

Exploring PLACE also allows the opportunity to develop our spatial awareness, which is one of our foundational skills.

We're learning about...

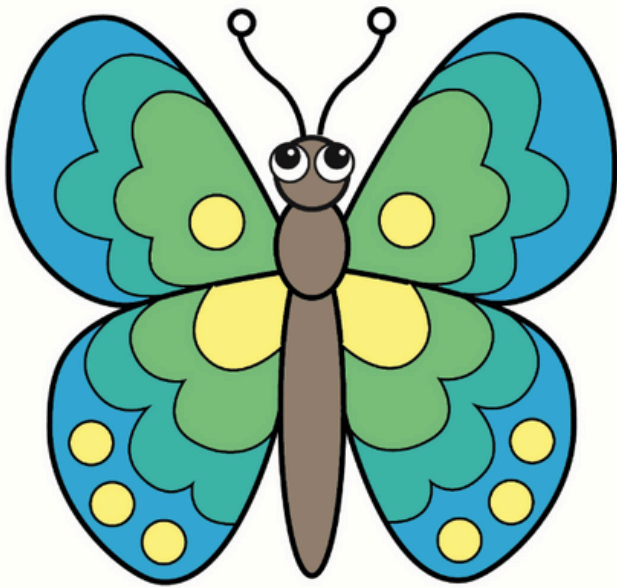
GENERAL Space

Locomotor Movements

Walk	Run	Leap
Gallop	Slide	Jump

PLACE

When we dance, we can dance on our spot (**SELF Space**) or all around the room (**GENERAL Space**).



Reflection:

Ask me to show you the non-locomotor movements below. Now ask me if I can do those movements all around the room.

"Can you do it? Let me see!"

SELF Space

NON-Locomotor Movements

Sway	Bend	Reach
Stretch	Shake	Grow

Explore at Home:

While in the car, think of some movements you can do while sitting.

Can you stretch your arms? Shake your legs? Bounce your shoulders? Wiggle your fingers?

Instead of walking from place to place, try exploring new and creative ways to get from one spot to the next.

