



SPRING NEWSLETTER

The Little Journal

March 31, 2026



Monthly Movement Concept

March's Movement Concept: ENERGY

Why Energy?

When we explore the concept of ENERGY we discover that there are different qualities of movement. This creates a diverse movement vocabulary and sets a foundation for understanding the importance of dynamics in our movement execution. Our storytelling skills expand as we introduce smooth and sharp energy into our movement. And, of course, we also continue to develop the vocabulary we started to build while exploring the previous concepts. We discover how sharp and smooth those movements can be.

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.

NEW FOR APRIL & MAY



All children in the videos have photo releases

March Music

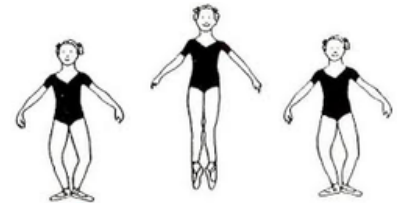
[Our favorite songs from this month](#) 

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



Skills to practice:

- pivot turns
- kick ball change
- eschappe jumps
- bourre sideways
- passe for 5 seconds



This month's theme: In the Garden

Our little dancers worked on dancing with different energies through a garden. Sometimes that meant dancing small and controlled around sleeping bunnies or big and energetic like the wind, trees and growing flowers!



Help us grow by writing us a [5 star Google Review](#). All families who write a review will be entered to win 50% off a birthday party visit from one of our teachers!

MARCH MOVEMENT CONCEPT

We're learning about...

ENERGY

When we dance we can move with SHARP energy like fireworks bursting in the sky or we can move with SMOOTH energy like ice cream melting on a hot day.



SHARP

Reflection:

Ask me if the following movement words are SMOOTH or SHARP movements: Float, Kick, Sway, Poke, Stretch, Punch, ETC.



SMOOTH

Explore at Home:

Can you think of other ways to move smoothly and sharply? Take some time together to explore different qualities of movement.

FEBRUARY MOVEMENT CONCEPT

February Movement Concept: Speed

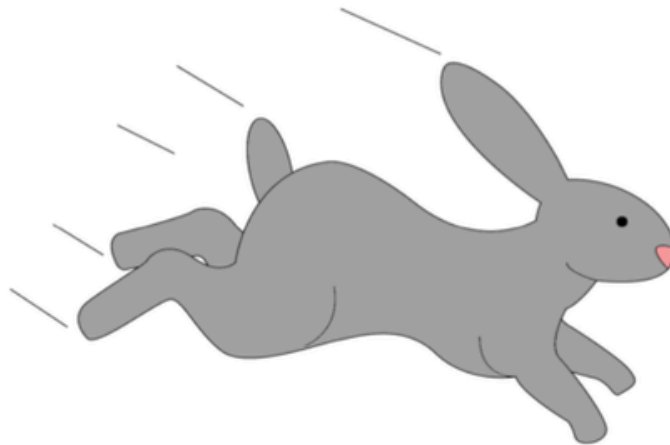
When we explore the contrast between fast and slow movements, we develop the foundational skills of body awareness and self-regulation. Experiencing the variations of SPEED (known as tempo) in our movement also brings awareness to our pulse and our breath. In addition, our storytelling through our movement improves when we incorporate the concept of SPEED. Slow movements can tell a sleepy or sad story, where fast movements can tell a story of happiness and excitement.

We're learning about...

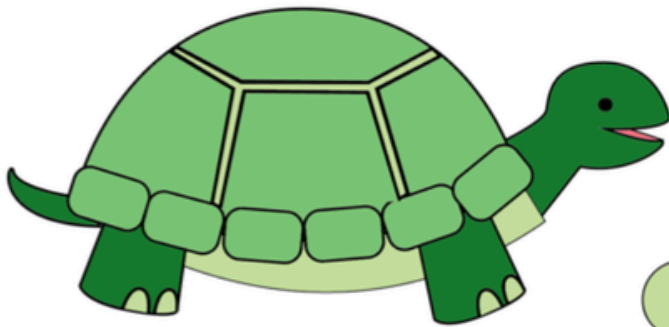
SPEED

When we dance, we can dance FAST or SLOW.

FAST



FINISH



SLOW

Reflection:

Ask your dancer-
Can you jump really fast?
Can you jump slowly?

Explore at Home:

Add speed to your everyday life.
How fast can you make your bed?
How slow can you walk up the stairs? Explore the extremities of speed and make your daily activities more exciting.

JANUARY MOVEMENT CONCEPT

January Movement Concept: Pathways

When we explore the concept of PATHWAYS we continue to develop the vocabulary we started to build while exploring the previous concepts. We discover how those movements can travel in STRAIGHT, CURVY, and ZIG ZAG pathways either on our spot or as we move from place to place. This assists in growing our creative thinking and problem solving skills. Traveling through space knowing there are different ways to get from one place to another helps develop our spatial awareness as well and is an important skill when navigating our dance formations.

We're learning about...

PATHWAYS

When we dance,
our bodies move
in different pathways.

STRAIGHT



CURVY



ZIGZAG



Reflection:

Ask me to "paint" a straight pathway with my foot. How about a curvy pathway with my head or a zigzag pathway with my elbow?

Explore at Home:

Next time you are walking with one another, explore walking in different pathways. Can you do it backwards? What about sideways?

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

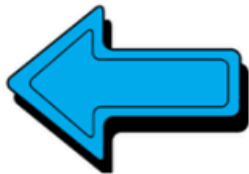
Reflection:

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

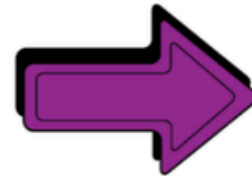
UP



We can dance in six directions!



Sideways



Forward

Backward



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?

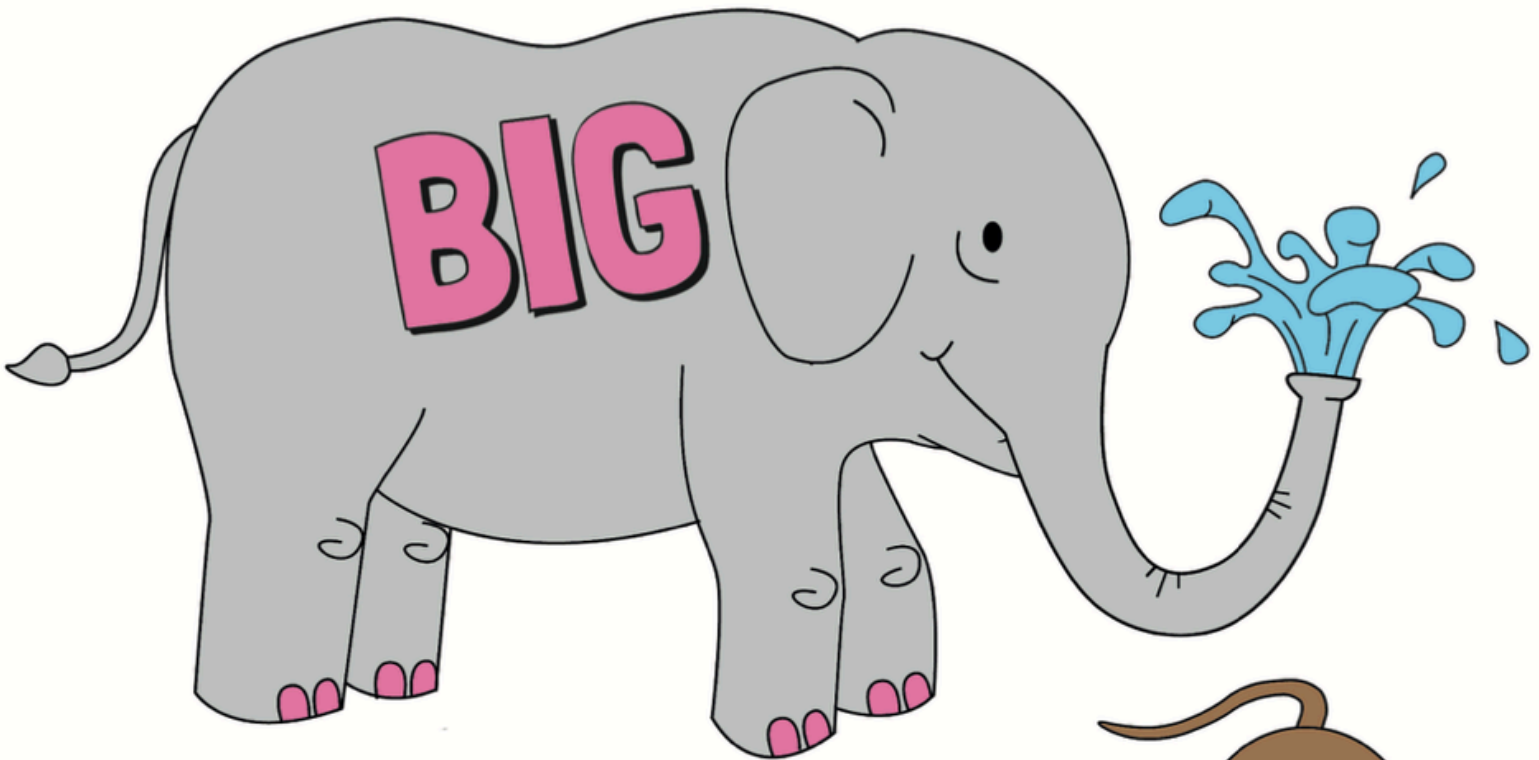
When we explore the concept of **SIZE**, we begin to understand our full body extension. We work on spine flexibility and core strength from curling into and moving in a small shape (that's our near reach) and stretching out and moving in a big shape (that's our far reach).

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...

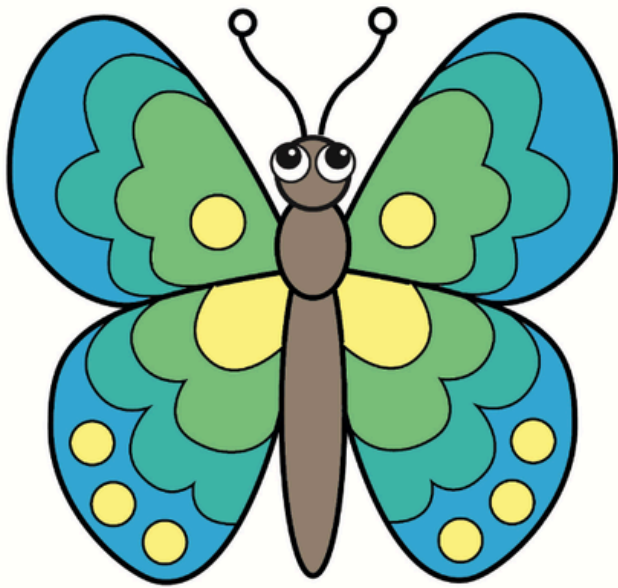
GENERAL Space

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.

