



## **Winter Wonderland Dance Camp Lesson Plan Outlines**

These lesson plan outlines are for a camp that is 3-4 hours a day, for 3 days. The ideas listed here should be supplemented with a mini themed dance routine that you or your instructors create as well as a simple themed craft.

### **NUTCRACKER TEA PARTY DAY**

#### **Welcome**

As dancers arrive, have balloons scattered around your dance floor. Play some music and let the kids have open balloon play/ Then, play balloon freeze dance – when the music stops, then catch your balloon and freeze!

#### **Sit In A Circle & Read the Nutcracker Story**

Read the story, watch a [story read-aloud](#) on Youtube, and/or watch clips from the ballet.

#### **Nutcracker Story Dance**

Spread all of the kids out in straight lines – I suggest having them stand on dots. Use the [Nutcracker Character](#) cards & “dance-act” like the main parts of the story. Choose a different Nutcracker song for each card. (Each card has movement and dance ideas that go with each character). After they follow your movement directions, you can give them the chance to show you their ideas & moves for those characters. Play freeze dance for each character!

Props needed, in addition to the cards:

- Wooden nutcracker for each child or a cut out copy of the paper nutcracker
- Rainbow ribbon for each child
- Foam or paper snowflake for each child
- Scarf for each child

#### **Sugar Rush Game (like the Land of Sweets from the Nutcracker)**

Set up dots in a big circle, and put one of the candy pictures on each dot. Then, have the students practice all of the action steps that go along with each card. After that, begin to play! Follow the directions included in the [Sugar Rush](#) game.

#### **Tea Dancer Balance Challenge!**

Dancers need to have good balance, even when doing their traveling steps! Give everyone a teacup and saucer. Pretend to fill their cups with tea, just like the tea dancers in Nutcracker. Use toy tea cups and saucers, or use paper plates and paper coffee cups.

Separate the kids into two columns, with one column on the right side of the room and the other column on the left. Start with the Column #1. The first dancer must tiptoe across the room, balancing their tea cup on the saucer. When they make it across, they “tag” the first person in

Column #2, and that person does the same thing traveling across. Continue until everyone has a turn.

Then you can start over, asking them to do a different traveling step, like chasse' or march or a step of their choice, while still balancing their cup.

### **Sugar Plum Fairy Follow, Freestyle and Freeze**

Give each dancer a wand, a ribbon, or a scarf. They must follow your movements when you say "follow"; they do their own moves when you say "freestyle"; and strike a ballet pose on "freeze"! For more fun, give the dancers a chance to be the leader as well.

### **Sugarplum Fairy Selfies**

Have each child take a picture with the Sugarplum Fairy (a ballet doll or a dance assistant dressed up in a ballet costume).

### **Nutcracker Memory Match**

If you have more time, then play [Nutcracker Memory Match](#). Arrange them in 4 rows of 5 cards each. The dancers get to take turns flipping over two at a time to try to make a match. If there is no match, flip them back over & the next person gets a turn.

## **GINGERBREAD FRIENDS DAY**

### **Welcome**

Balloon Open Play and Freeze Dance

### **Gingerbread Warm-Up**

Use the [Gingerbread This or That Warm-Up](#), which allows the students to help choose!

### **Gingerbread Man Dance Follow Along**

Song: Gingerbread Man By The Kiboomers

Act out the words below to make a warm-up! The song starts off slow, then gets faster.

- *Stir a bowl of gingerbread, smooth and spicy brown* — **turn in own circle, while doing stirring arms**
- *Roll it with a rolling pin, up and down* — **releve and plie in parallel, with arms reaching high and low**
- *Take a cookie cutter, make some little men* - **jumps apart and together with X arms**
- *Put them in the oven till half past ten* - **quickly lay down on floor**

### **Friendship Circle**

Song suggestion: Thank You for Being A Friend by Rachel Platten or FRIENDS by Kidz Bop.

Have the kids hold the parachute. Chasse in a circle to the R, then move the parachute up and down. Same thing to the left. Then give the dancers a chance to do their own moves solo or with a partner, in the center of the circle under the parachute (or put the parachute away but keep the circle formation).

### **Cookie Kindness:**

Read Cookie Kindness by Melanie Demmer, or watch the [read-aloud](#).

### **Play the Can't Catch The Gingerbread Cookie game.**

All the kids should start laying down on their backs with their eyes closed. The teachers tiptoe around the room and slowly tap a few dancers on the shoulder. The tapped dancers jump up and can do any dance steps they want around the room. The teachers pretend to be "chasing" them. When the teachers catch them by tapping them again, those dancers must lay back down. Then start again and choose different kids for next round!

### **Gingerbread Cookies Getting Crumbly!**

Song suggestion: Wobbly Man by Koo Koo Kanga Roo

Act the motions to the song, as if you are a cookie getting crumbly!

### **Cookie Rhythms**

Use the [Gingerbread Rhythm cards](#) and rhythm sticks to play the rhythms!

## **SNOW MUCH FUN DAY**

### **Welcome – What's Your Snowman Name**

Use the [free worksheet](#) to find out your silly snowman name!

### **Snowflake Warm-Up**

Do this quick warm-up in any class to get those muscles going! While laying, pull knees into chest (snowball) then open to straddle with arms reaching to corners (snowflake). Repeat 8X, Then repeat in a seated position 8X. Then stand up! Jump apart with arms reaching to high corners (snowflake), then jump together and contract (snowball). Repeat 8X!

### **Roll-A-Step**

Work together to practice basic technique with the [Ice Cold Roll-A-Step](#) game!

### **Build A Snowman!**

Use the [Build A Snowman dance game](#) to put a snowman together collaboratively! In this game, everyone gets a turn and there are no outs.

### **Make Footprints In The Snow**

Use the [Snowy Footprint](#) game to practice locomotor movement! You can set up the game in any way that works for your group, with challenges to work on right and left, body facings and more.

### **We're Going On A Yeti Hunt by Mister Kiple**

Act out the words to the song with the singer. Do this in place, or while moving across the floor together all at once. The actions will be:

- Marching
- Through the snowy field --- jump or hop
- Marching
- Across the frozen pond -- waddle like a penguin
- Marching
- Through the ice wall -- stomp feet to crack the ice
- Tiptoe quietly
- High knee runs, then waddle, hop hop hop
- You're safe!

### **Space Unicorn Holiday by Parry Gripp**

Pass out rainbow ribbons and imagine they are your unicorn mane. Freestyle with the rainbow ribbons and jump when they say jump!

### **Freeze! by Vamos Go Noodle**

Do the actions in the song!

### **Be Frozen Statues**

Play the [Ice Statue Game](#), which works on moving, then freezing in the pose, and then melting.

### **Make A Snowman Obstacle Course**

- Start with a mat on the floor. The kids can roll on the mat like they are rolling a snowball.
- Set up a large hoop, a medium hoop, and a small hoop in a line (to make the shape of a snowman). The kids should jump or tuck jump from one to the next.
- Walk along a balance beam, like a snowman who has come to life.
- When they get to the end, they should step down and slowly melt to the floor.

### **Dance and Throw Snowballs**

Play the [Snowball Throw Action Game](#) (adjust the steps to make them easier for the young kids).

### **Pop Snowballs In A Parachute**

Use fabric snowballs or have the campers crumple up pieces of white paper to make a snowball. Pile them in the middle of the parachute and shake shake shake!