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## WEEKLY LESSON PLAN

D&P 3-5 yrs 11/15/21 (Flexibility) Thanksgiving/holidays/sharing/celebrations

[PlaylistLinkHere](#)

Class sections	D&P 3-5 yrs
BrainDance (5 min)	Thanksgiving images/focus
Gross motor / warm up (5min)	Airplane song - travel to see your family
Prop	Egg shaker "Shake" connect to cooking and baking
Creative movement – prop (5 min) Free dance	Mashed potatoes - fun free motions like stirring, mashing, etc.
Body parts action song	Turkey Pokey
Performance lesson Featured dance Structure (7-10 min) (Discipline focus)	Run # 1 time top to bottom ½ dancers perform ½ watch then switch
Move a prop with a partner	"The Sharing Song" Two dancers stay connected by noodle. Maybe no hands? Back to back
Meditation / starfish (3-5 min) Connect with each student	"Blessings"
Creative movement – prop (5 min)	Bushel and a Peck - paint brushes with noodle and scarf
Obstacle course Taking turns (7 min) MotorMuscles Audience eyes	Dancers take turns on mat (define as stage area) show their favorite move from "FriendLike Me" music="Carpet Chase
Stretching (5 min) Cool down	Hips pigeon pose- R then L "CharlieBrownTheme"
Good-bye & stamp/sticker (3 min)	10 Crunchy Carrots