



SESSION: 3
Winter Wonderland
Ages 3-4yrs
45 min

v.1 2024



Props

Polka Dots Jingle Bells Stamps

Playlist

- 1) Sleighride
- 2) Shake Sillies Out
- 3) Jingle Bells
- 4) Winter Wonderland
- 5) Need a Little Christmas
- 6) Rudolph
- 7) Option 1 or Option 2**
- 8) N/A
- 9) I'm so Happy
- 10) N/A
- 11) North Pole Freeze Dance
- 12) Bye Bye, Goodbye

Attendance – welcome and warm up (8 min)

In a Circle - Jump when name called for attendance

- 1) Follow the Leader – in a circle around polka dots
- 2) Shake Sillies Out – on polka dots

Creative Movement (3 min)

- 3) Jingle Bells – with bells – practice counting to 8

Across Floor – Locomotor Skills (10 min)

Polka dots corner to corner – X formation

- 4) High Marches on demi point
- 5) Skips
- 6) Gallops - with candy canes or partners

Centre Work – Stationary Skills (10 min)

7) WINTER SHOWCASE CHOREOGRAPHY

- Pick option 1 or 2

Vocals (10 min)

- 8) Breathing – Pant like a dog, play doh face, fishy lips
- 9) I'm So Happy
- 10) Tongue Twister – Red Leather, Yellow Leather

Creative Movement (2 min)

- 11) North Pole Freeze Dance

Goodbye (2 min)

- 12) Bye Bye, Goodbye

line up at door in choo choo train for stamps