



**SESSION: 4**  
**Winter Welcome**  
Ages 18m – 3yrs  
45 min

v.1 2025



**Props**

Polka Dots   Parachute   Stamps   Book

**Attendance – welcome and warm up (5 min)**

**In a Circle, on parachute - Jump when name called for attendance**

- 1) Hello Song
- 2) Parachute Gallops

**Creative Movement (3 min)**

- 3) Walking With the Parachute
- 4) Shake Sillies Out
- 5) Animal Action 2

**Playlist**

- 1) Hello Song
- 2) Lollipop
- 3) Walking With the Parachute
- 4) Shake Sillies Out
- 5) Animal Action 2
- 6) New Way to Walk
- 7) This is the Way....
- 8) Skinnamarink
- 9) N/A
- 10) Storybook – Stomp, Wiggle, Clap and Tap
- 11) Walk When the Drum Says Walk
- 12) Siesta

**Across Floor – Locomotor Skills (5 min)**

**\*Polka dots across back of room for each dancer\***

- 6) Marches
- 7) Gallops sideways with partner

**Centre Work – Stationary Skills (10 min)**

**\*Each dancer on a polka dot, straight line, middle of room\***

- 8) Skinnamarink

**Creative Movement (3 min)**

9) Circle Time – practice making a circle, blow a bubble, don't let it pop – mimic the parachute action from beginning – walk, tip toe or gallop – 8 counts and FREEZE

**Storybook (7 min)**

- 10) Storytime – Stomp, Wiggle, Clap and Tap

**Creative Movement (5 min)**

- 11) Walk When the Drum Says Walk

**Goodbye (5 min)**

- 12) Siesta Song

**\*Choo Choo train -hands on shoulders - line up at door to receive stamp and walk out of room in a line to greet parents\***