



SESSION: 6
Show Time!

Ages 4-5yrs
45 min

v.1 2025



Props:

Polka Dots

Ribbons

Stamps

Playlist

- 1) I'm a Believer
- 2) Merry Old Land of Oz
- 3) Shake My Sillies Out
- 4) Dance Freeze Melt
- 5) N/A
- 6) Me-Ah Smile
- 7) Double Bubble Gum
- 8) N/A
- 9) Consider Yourself
- 10) N/A
- 11) N/A

Attendance – welcome and warm up (7 min)

Warm up in lines – with polka dots

- 1) Follow the Leader – in circle around polka dots
- 2) Warm up - in circle

Creative Movement (5 min)

- 3) Shake My Sillies Out
- 4) Dance, Freeze, Melt – free dance

Vocals (10 min)

- 5) Breathing – Pant like a dog, play doh face, fishy lips
- 6) Me-Ah Smile
- 7) Double Bubble Gum
- 8) Tongue Twister – She Sells Seashells

Centre Work – Stationary Skills (10 min)

9) WINTER SHOWCASE CHOREOGRAPHY – Consider Yourself

Improv (10 min)

10) Teachers Choice – Improv, Acting or Charades

Goodbye (2 min)

- 11) Circle and Bow to friends, bow to teacher
must be lined up at door to receive stamps