



## SESSION: 8

### Rhymes

Ages 18m – 3yrs  
45 min

v.1 2025



### Props

Polka Dots      Stamps      Book – Ready, Set, Dance

### Playlist

- 1) Hello Song
- 2) Broadway Baby
- 3) The Circle Song
- 4) Shake Sillies Out
- 5) Hoedown
- 6) N/A
- 7) Mud Puddle Jump – Robert Munsch
- 8) Dance and Stop
- 9) N/A
- 10) How Many Ways?
- 11) Book – Ready, Set Dance
- 12) Walk and You Walk....
- 13) Siesta Song

### Attendance – welcome and warm up (7 min)

**In a Circle - Jump when name called for attendance**

- 1) Hello Song
- 2) Warm up – butterfly, straddle, jumps, hips, balance
- 3) The Circle Song

### Creative Movement (2 min)

- 4) Shake Sillies Out

### Across Floor – Locomotor Skills (12 min)

- 5) Skips – holding hands with partners
- 6) Practice Mud Puddle Jump – hula hoops across the floor
- 7) Mud Puddle Jump Story Track – Robert Munsch story – act out and jump in the mud puddles (hula hoops)

### Creative Movement (3 min)

- 8) Dance and Stop – following directions

### Centre Work – Stationary Skills (5 min)

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

- 9) Bean Bag balance – balance in retire, balance on demi pointe, tip toe walks in circle around polka dot
- 10) How Many Ways? – follow song – different ways to use the bean bag

### Story Time/Sing Along (6 min)

- 11) Book – Ready, Set, Dance

### Creative Movement (3 min)

- 12) Walk and you Walk.....

### Goodbye (3 min)

- 13) 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**