



Warming Up with Ballet – January 9th, 2017 This freezing morning kept us indoors for longer than we are used to! Lots of children, however, were excited & energized to be back to school after the winter storm. To activate our gross-motor skills & warm up our bodies, Kalei invited the children to do ballet with her. Kalei put on her ballet shoes to lead the children in a “ballet class” of stretching our bodies & trying some balletic postures. We practiced pliés, tendus, passés, port de bras, forward stretches, & triangle poses in preparation for the freestyle movement to follow. Kalei introduced the feisty ballet *Firebird* which engaged the children visually & physically before exploring a starkly different ballet, *Jewels* (the “Emeralds” & “Rubies” movements). Some children made efforts to organize themselves in accordance to the ballets’ choreography while others preferred solos or observation. Violet was particularly interested in identifying “the bad guys” of the ballets. Kalei hopes to continue studying ballet with the children over the course of the schoolyear to research how the children form a relationship with the language of movement. Due to an apparent shared interest in choreography & narrative, Kalei wonders if the children might eventually cultivate a desire to organize their own performance.

