



Ballet – December 7th, 2016

With her background in ballet, Kalei began the small group with a warm up session. We did pliés, tendus, & a few yoga stretches; we also talked about body awareness & safety while dancing in a shared space. After our bodies & minds were prepared for movement Kalei projected *Four Seasons* (“Winter”) for the children to observe & dance to. Emerson, Violet, Kahlan, & Helena in particular were interested in recreating Balanchine’s choreography; replicating the moves with cooperative co-direction. Margaret kept a little distance, dancing to her own drum. We then switched to the much familiar *Nutcracker* (specifically the rat & snow scenes) & the children again sought to be true to the choreography. As time went on, however, the children became more creative & individual in their movement. Perhaps this progression can be attributed to an increased confidence in their own competency in the language of dance.

