

WonderDance Warm-Up: (5 minutes)

Music: 4/4 rhythm moderate tempo. Begin sitting in circle.

Note: The WonderDance warm-up follows the fundamental developmental patterns:

Breath

Core/distal

Head/tail

Upper/lower

Body half

Cross lateral

1. **Magic Circle.** Begin in seated circle with children.

Legs extended into the center of the circle. Guide children to take a deep breath in slowly breathe out imagining blowing up a balloon. Repeat and add arms by pressing hands/extending arms into the center of the circle on the exhalation. Guide children several times through breath sequence. After each breath ask children to take one scoot back on their bottoms to expand the *magic circle*.

2. **Tactile body part tap.** Make sure children are spread out in the larger circle and have enough personal space around themselves. Guide children through a *body check in* guiding them to tap different parts of the body from head to toes. Actions can be tapping, tickling, patting & massaging. Recommended sequence: head, shoulders, whole arm from hands to shoulders, elbows, thighs, calves, toes, belly & back.

3. **Moving body parts.** Guide students to rhythmically move different body parts from head to toes. Refer to actions from LMA charts. Recommended actions might be: shake, wiggle, stretch, kick, etc.

4. **Big/small.** Guide students in a brief exploration of big vs. small shapes. Alternate between big/wide shapes and small/closed shapes. Use counting to motivate children. *On the count of 3...* Repeat 3 times.

5. **Animal Stretch.** Guide children to transition from seated to “table” position with hands and knees touching the floor. Guide students through a flowing yoga stretch series:

CAT (curl- head to belly- round back)

COW (arch back, look up)

DOG (neutral back, wag tail, and look back at tail, alternate sides). Optional: (add downward dog stretch upside down, straighten legs, extend back)

SNAKE (modified *cobra* pose on belly with arms extended, arching up) .

CHILD’S POSE: Push back into a resting child’s pose.

Variations:

•Add animal sounds for fun!

•Make a complete circle and chase your dog tail then hide in small shape

6. **Clap, Rock N’ Roll**

CLAP. Guide students in a clapping pattern to get kids’ focus back.

Front, high, low, etc. *Now let’s rock n’ roll!*

ROCK. Seated position with feet together and hands on the ankles or on the floor to the side of the body. Start rocking from side to side. Make the rocks bigger and finally tip over onto one side. Repeat on the other side.

Variation: Depending on the floor surface, you can also rock forward and backwards. If you have mats for the children you can rock all the way onto the back and then all the way back up.

ROLL. Guide students to roll their arms in a circular fashion up to a high level in front of the body and then all the way down to the floor. Repeat several times. Vary the tempo!

7. Toe party, finger party & toe and finger party. Pretend to get a telephone call and answer it while looking at the children. (*hello, yes, oh wow great to hear from you! How are you doing? Hey really- we are invited to a party? A finger party? Ok we want to go, thanks!*)..Tell the children that we are invited to a finger party! *Everyone put your hands up in the air, wiggle your fingers. Now walk yourself into the center of the circle only using your legs so that toes are touching. Everyone put your fingers into the center and make a finger party!* Repeat with your toes, but still keep hands up to challenge the students to walk with just their legs- bottom walks.

8. Shape Party- *Now let's play with different shapes and have a shape party!* Guide students to explore the four basic shapes in different ways (refer to LMA charts):

Round

Wide

Pointy

Twisted

Now begin in a twisted shape and spin on your bottom. Repeat and spin in the other direction.

Variations: Spin and end in a specific shape or rise to a different level. Spin and end in a balance shape on one body part etc.

9. CLIMB the LADDER

Now let's see those strong muscles. Get ready to climb up the ladder. Guide students to use climbing movements to rise from low to high level and back down. How else can you climb? Sneaky? Stomping? Etc.

Guide students through different ways of coming back down.

Wiggling down, spinning down, dropping down, melting down etc.

10. JUMP n' FREEZE- jump jump jump and freeze

Guide children to jump 3 times and freeze in a different shape each time.

Repeat several times with variations of types of jumps and shapes.

The last time tap each child to melt down into a small hidden shape.