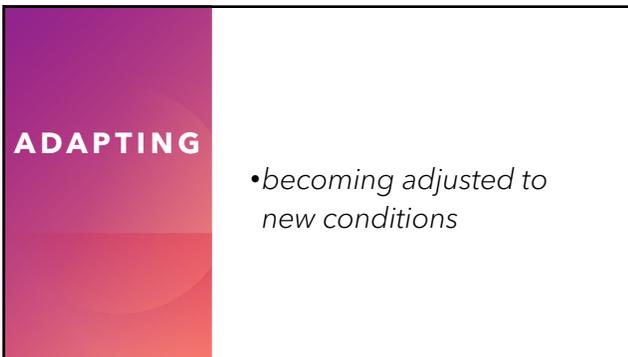




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2



3

ADAPTING

• *Be flexible*

- What works for one family may not work for another family
- How to meet the needs of your families?
 - In person classes (within studio building or outdoors)
 - Online live classes
 - Hybrid of both in person and online within same class
 - Pre-recorded at home classes
 - Semi-private and private lessons

4

ADAPTING

• *Don't take it personally*

- Dance is more important than ever for children, but some families will still withdraw for various reasons

5

ADAPTING

• *Don't beat yourself up*

- Know that you will not be able to cover all the material that you would cover in a "normal" dance year and that is OKAY
- Adapt your goals for each class depending on how you are having to operate
- Let go of perfection and "But, I have always done it this way!"

6

ADAPTING

- *Believe, even with all these changes...*
 - You are still making a positive difference in every child's life
 - What you do & provide to your community is important

7

ADAPTING

- *How to keep students enrolled in studio*
 - *Build trust with parents*
 - Every effort to keep dancers safe and healthy by following guidelines
 - Every adult within studio models safety guidelines
 - Communicate, communicate, communicate
 - Consider the stress level of parents

8

ADAPTING

- *Adapt, adapt, adapt*
 - Preparing dance space
 - How the dancers enter & exit the building & dance space
 - Prop usage
 - LNL Curriculum
 - Class beginning and class ending
 - Communicating behavior to parents

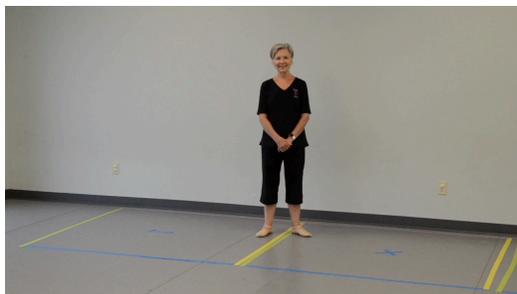
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ADAPTING

• *Preparing Space*

- Taping off individual stages, pools, square bubbles, etc.
- Using colored tape to help with cueing of direction
- Reduce touch points within studio
- Picture signage is best for littles

10



11

CONSIDERATIONS

• *Entering and exiting the studio*

- Thanks so much to Janet Johnson and her team at Allegro in Rochester, MN

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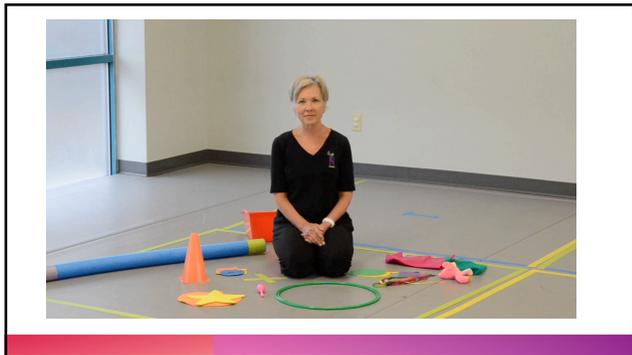


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CONSIDERATIONS

- *Prop usage*
 - Consider the material - must be able to sanitize through wiping, spraying, or washing
 - Have props placed within each dancer's space or a small basket before children enter dance space
 - Red basket method of keeping used props separated

15



16

CONSIDERATIONS

- *Which props to use?*
 - Additional sets of props may be needed
 - Extra props to rotate for multiple classes & time to sanitize
 - Provide (or sell) each dancer their own set of props to bring with them to studio and home usage during online classes
 - If needed, substitute clapping, tapping, snapping, brushing, or mouth sounds for instruments
 - Dollar store finds - throw away or give to dancer to take home at end of class
 - Laminated full color artwork for visual aids

17

CONSIDERATIONS

- *Leap 'N Learn Curriculum*
 - Teach the whole child
 - Engagement is key
 - Children love and need
 - Structure
 - Connection
 - Creativity
 - Exercise
 - Adapt lesson plans and curriculum to the needs of your dancers & the situation you are in at the time

18

CONSIDERATIONS

- *LNL Curriculum*
 - **Class format** - sequence for most part remains
 - Adapt spacing
 - Adapt formations
 - Adapt pathways
 - Adapt transitions
 - Adapt partnering
 - Adapt how props are incorporated into exercises

19

CONSIDERATIONS

- **Spacing & Formations** - entering dance space & waiting for class to start

Teacher Welcoming Dancers at door			Dancer 9	Dancer 8
	Dancer 7			Dancer 6
	Dancer 5			Dancer 4
	Dancer 3	Dancer 2	Student Assistant Interacting	Dancer 1

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CONSIDERATIONS

- **Spacing, Formations & Pathway**- Share Time & Circle Warm-Up

	Dancer 10	Teacher	Dancer 9	Dancer 8
	Dancer 7			Dancer 6
	Dancer 5			Dancer 4
	Dancer 3	Dancer 2	Student Assistant	Dancer 1

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CONSIDERATIONS

• *Spacing, Formations & Pathway* - Center Barre & Center Work

	Teacher (10)		Student Assistant (9)	(8)
	(7)			(6)
Dancer 10	Dancer 5	Dancer 9	Dancer 8	Dancer 4
Dancer 7	Dancer 3	Dancer 2	Dancer 6	Dancer 1

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CONSIDERATIONS

• *Spacing, Formations & Pathway* - Lining up for Across the floor;
Explaining & Demonstrating Exercise;

Dancer 10	Dancer 5	Dancer 9	Dancer 8	Dancer 4
↓	→	→	→	↑
Teacher	→	→	→	St. Ass.
↑	→	→	→	↓
Dancer 7	Dancer 3	Dancer 2	Dancer 6	Dancer 1

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CONSIDERATIONS

• *Spacing & Pathway* - Creative Movement & Class ending

	Teacher		Student Assistant	
Dancer 10	Dancer 5	Dancer 9	Dancer 8	Dancer 4
Dancer 7	Dancer 3	Dancer 2	Dancer 6	Dancer 1

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CONSIDERATIONS

- **Exiting Dance Space**
 - Teacher calls each dancer to the door & dancers exit dance space one at a time
 - Dancer brings used props to "Red Basket"
 - Dancers pick up their street shoes basket
 - Teacher thanks dancer personally at door; comments on hard work; air sticker
 - If possible, someone begins cleaning process

25



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CONSIDERATIONS

- **Beeper Time**
 - Refer to Dr. Annie's presentation on importance of share time
- **Stickers**
 - Try to figure some type of acknowledgement of positive behavior by continuing stickers, gratitude pantomime, texting software, etc.
 - Parents must be notified by phone if child is struggling

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CONSIDERATIONS

• *Partner Work*

- No touching, hand holding or prop sharing until COVID concerns are gone
- Dancers can still work as partners but must remain physically distanced
 - Use actual tape measure to show young dancers how far to distance
 - Use imagery of "magic string" as much as possible
 - Use imagery of "6 foot (or 2 meter) fingernail test"
 - Use imagery of "pool noodle distance"
 - Use imagery of taped square being their personal stage, swimming pool, square bubble, etc.

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ADAPTING LNL FAVORITES

• *Ant Platoon*

- Use flat sheet or full-size blanket for picnic tablecloth
- Pantomime food & basket
- Picnickers skip from 4 walls and meet at center
- Ants march from 4 corners instead of line; use mat colors to show start and stop point for each ant; stress ants not getting too close to picnickers

29



30

ADAPTING LNL FAVORITES

• *Falling Leaves & Pumpkin*

- Make tape + sign larger; set up a mat or hula hoop on edge of dance space for each dancer
- Section 1 - Dance around pumpkin same
- Section 2 - Dance over pumpkin same
- Section 3 - Remove throwing up leaf pile; choose 1 favorite paper leaf or find leaf with your name on it
- Section 4 - Throw leaf up into air & watch it fall
- Ending - Pick up leaf and find empty mat or hoop and fall like a leaf and freeze - dancers remain still until all dancers have fallen as a leaf

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ADAPTING LNL FAVORITES

• *Kooka Kangaroo*

- Can do with adequate spacing for kangaroos waiting to cross the river
- Play "grandma toss the cookie to kangaroo on last magic rock" instead of going closer to grandma to pantomime taking cookie from a tray
- Assign a special ring or mat for each kangaroo to wait on before and after crossing river

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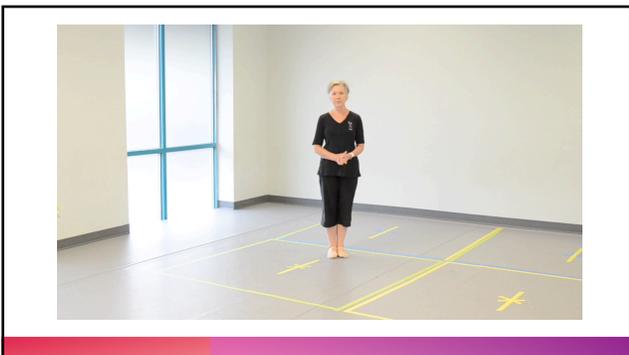
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ADAPTING LNL FAVORITES

• *Baby Birds*

- Instead of all birds on one branch; each dancer has their own branch within their special square or special "forest"
- Depending on recovery phase: dancers dance within their square or around the entire dance space for "all about space"
- Worm fed with a toss or the teacher and assistant figure a pathway that will work

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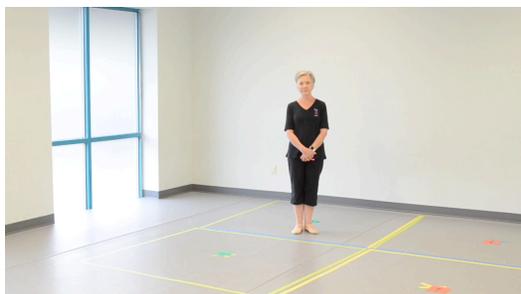


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ADAPTING LNL FAVORITES

- *Stopper & Goer*
 - Physically distance two dancers to stand side by side
 - Allow more music for the goer to travel around the stopper
 - Allow one pair to cross centerline before next pair begins marching
 - Dancers do not share holding or exchanging a prop

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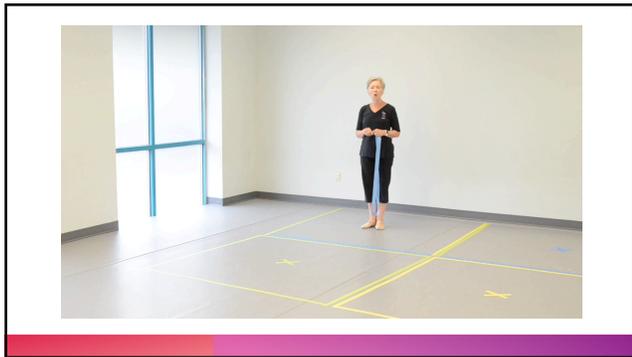


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ADAPTING LNL FAVORITES

- *Promenade or Bourrée Around Kneeling Partner*
 - Physically distance two dancers to stand side by side
 - Have each dancer hold one end of a 7-foot ribbon or handled jump rope
 - Allow more music for the circling dancer to travel around the kneeling partner
 - Allow one pair to cross centerline before next pair begins

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ADAPTING LNL FAVORITES

• Gardener & Dancing Flowers

- Each dancer holds a scarf and pretends to be a seed in the ground; gardener pretends to water garden; gardener walks into house; seeds grow into beautiful flowers and begin dancing around the garden
- Gardener exits house to check on garden and dancing flowers immediate freeze; gardener is puzzled trying to figure out how the seeds moved from where she planted them
- Repeat a couple of time; object is to teach dancers to react to gardener exiting house by freezing
- Use one scarf per dancer but the scarf must be placed in Red Basket for sanitizing
- Substitute tissue paper for scarf and throw away afterward

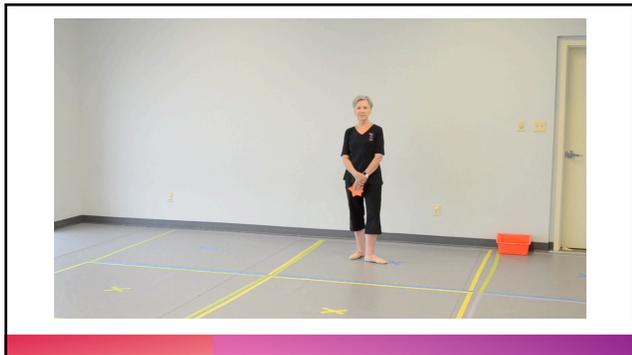
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ADAPTING LNL FAVORITES

• Crossing in an X at Centerline

- Adapt to cross center line splitting center 6' or (2 meters) apart
- SL dancer begins on a purple mat and travels toward purple mat on centerline
- SR dancer begins on a yellow mat and travels toward yellow mat on centerline
- Keep dancers spaced while lined up waiting their turn

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ADAPTING LNL FAVORITES

- *"It can be done!"*
 - Many of the LNL exercises can be adapted
 - Allow your creativity to flourish
 - Think safety first
 - Think benefits second
 - Give it a try
 - If it doesn't work - move on

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ADAPTING LNL FAVORITES

- *Ribbon Ring Weave*
 - Sorry, but I can't figure this one out unless you are having class in a football field
- *Ribbon Ring Add-On*
 - Again, will need a football field to perform this one while physically distanced

45

NEW PROP IDEAS

• *Using props in a child's dance class*

- creates excitement
- provides scaffolding
- increases pretend play
- young dancers love them!

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NEW PROP IDEAS

• *Challenges for now are*

- time to sanitize
- having enough props to sanitize all props at end of day
- who will sanitize, increased labor expenses, increased responsibilities
- making sure the younger dancers do not touch other props
- decision on whether to provide each dancer with their own set of props

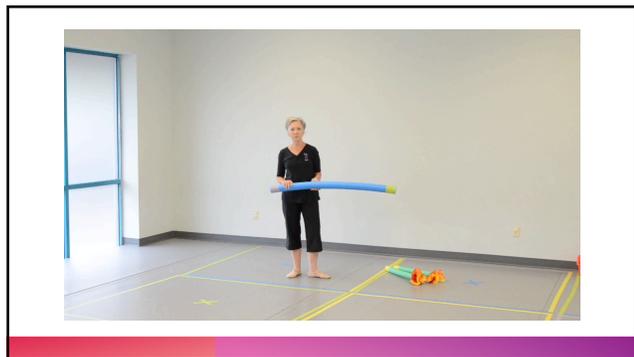
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NEW PROP IDEAS

• *Pool Noodles*

- "Pool Noodle Spacing"
 - Traveling with a partner
- Candle Dance - Creative movement

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NEW PROP IDEAS

- *Dollar Store Finds*
 - Sheets of craft foam, sheets of glitter craft foam
 - Fake leaves, flowers, shrubbery; all sizes
 - Feathers of all colors and sizes
 - Hula Hoops
 - Holiday items
 - Plastic toys such as sand pails & shovel
 - Cones of different colors
 - Tissue Paper
 - Construction paper, colored cardstock
 - Colored tape

50

RELAXATION EXERCISE

- Refer to Dr Annie's video on importance of teaching young dancers how to relax; relaxation script is in downloads
- Adapt still relaxation exercise into a creative movement one
 - Use atmospheric type music
 - Incorporate the following
 - Wiggling & stillness
 - Tightening & relaxing muscles
 - Floating & sinking
- Important exercise for staff as well as students

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**IN
CLOSING**

• ***A Few Reminders***

- Let go of perfection
- Don't let your stress creep into your classes
- Reach out
 - To colleagues on LNL FaceBook group
 - To Leap 'N Learn - 30-minute calls every month. Schedule your call on member site
- Take care of yourself
- Listen to your smart watch when it says to "Breathe"
