

# We Can Balance

## **Warm Up:**

### Stretching with Bean Bags

- Butterflies with Bean Bag on feet, touch nose to bean bag
- Pikes with Bean Bag on Knees - Touch nose to bean bag
- Straddles with Bean Bag on the floor in between legs, slide the bean bag across the floor trying to slide chest to the ground
- Points and Flexes in Pike - Lay the bean bag on feet in point, they flex fast and try to pop the bean bag back onto their pike.

## **Positions:**

While the students are doing their positions, have them work on holding their bodies super still. Go around and place bean bags on various body parts and they can't drop the bean bags. Start by putting 1 bean bag on each kid - try to add multiple bean bags to each child's form.

## **Barre Work:**

Plié and Relevé with Bean Bag on Head - keeping back straight to balance the bean bag the entire time. Really focus on form.

## **Across the Floor:**

Walk across the floor with Bean Bag in Hands - Walk back with Bean Bag on Head

Walk across the floor in Relevé - Walk back in Relevé with Bean Bag on Head

Walk across the floor and Arabesque every few steps - same steps on the way back with Bean Bag on Head

## **Choreography to Better when I'm Dancing**

See video