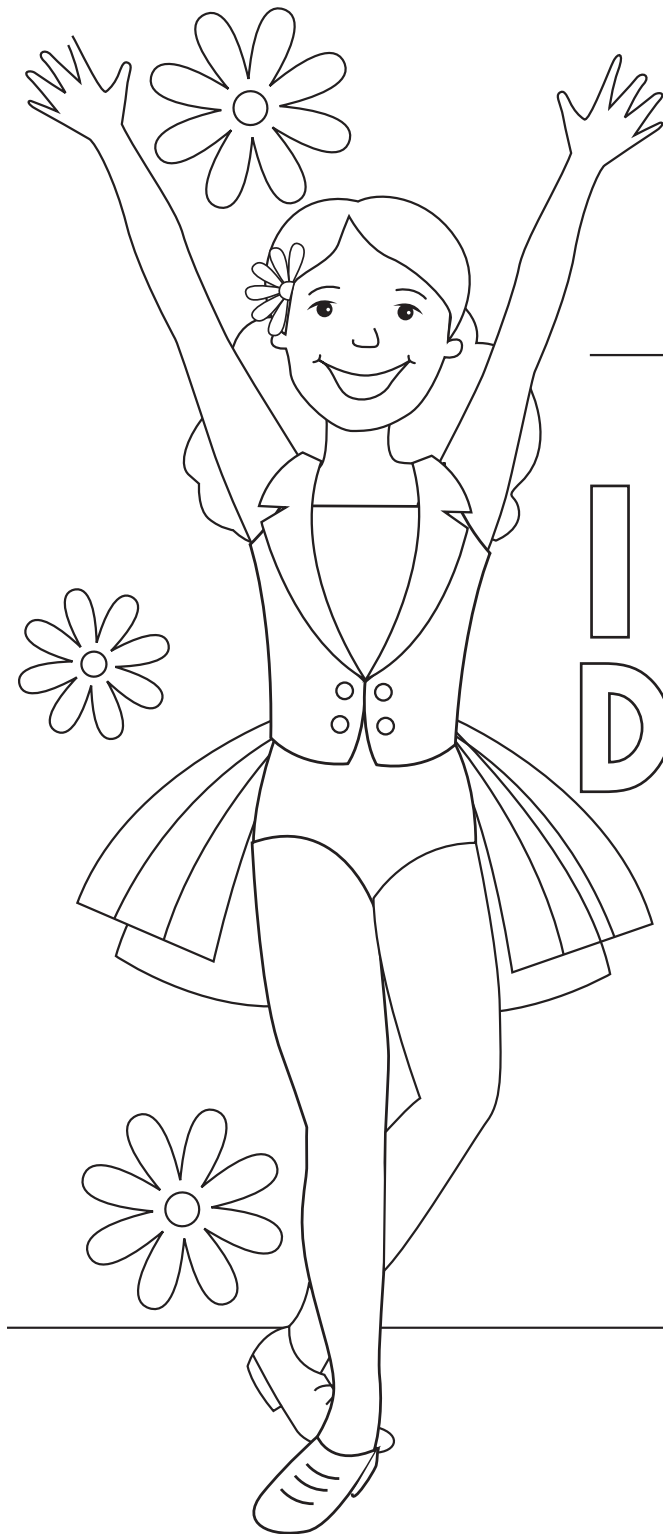




**COLOURING,  
PUZZLES & CRAFTS**

Colour me in!



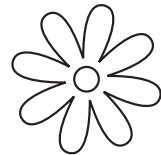
**MY NAME IS\***

---

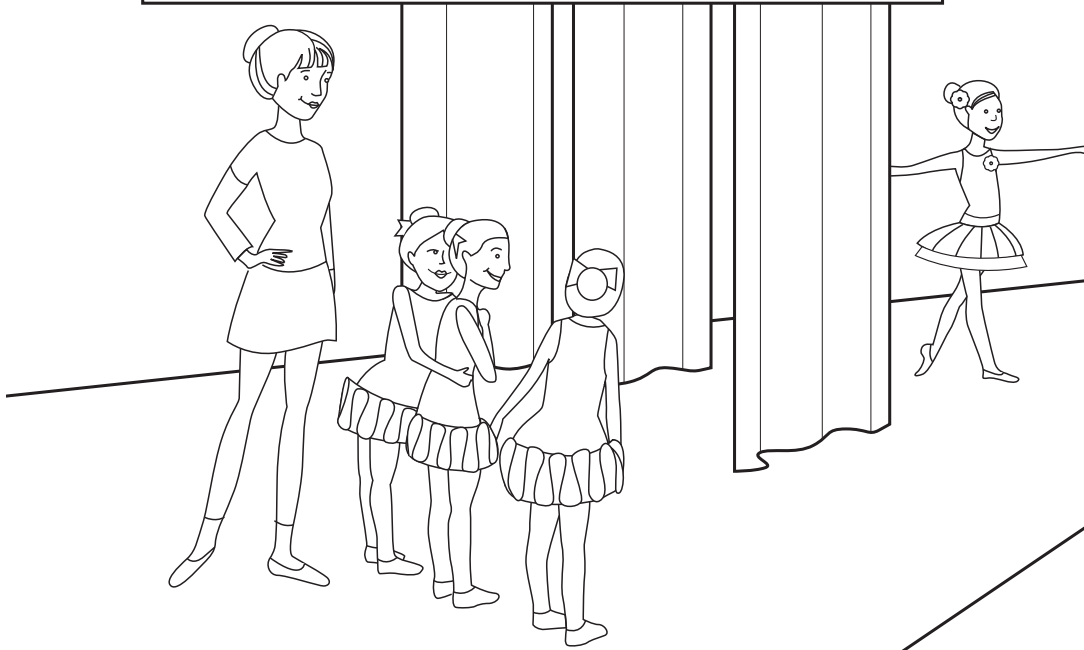
**and**

**I LOVE  
DANCING**

**at**



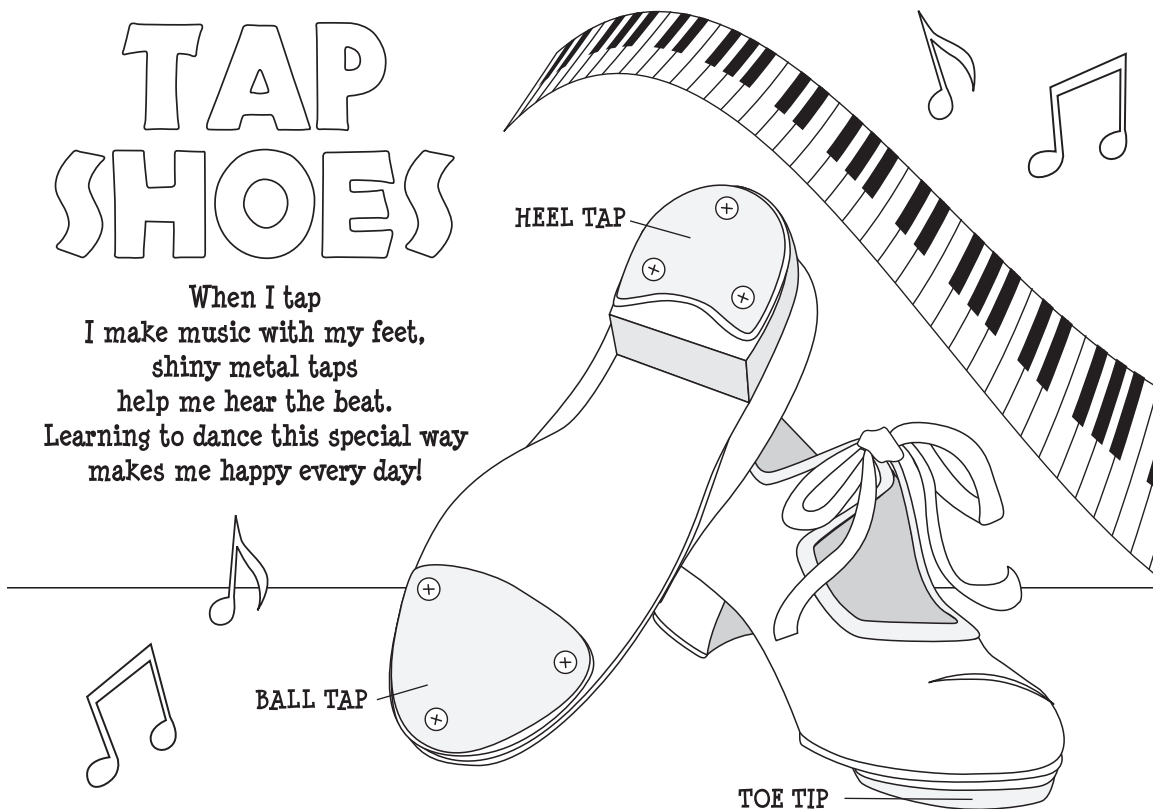
Waiting backstage is exciting!



When waiting backstage, you can feel the excitement!  
Remember dancers, keep your feet and voices quiet.

# TAP SHOES

When I tap  
I make music with my feet,  
shiny metal taps  
help me hear the beat.  
Learning to dance this special way  
makes me happy every day!



# Ballet Vocabulary

p i r o u e t t e u s a  
s b i p s h o n l t t r  
o e n g b h m l n t h a  
d n o c e s p e s s i b  
u e n g y o m n a r r e  
d i d c i e h e p i d s  
n l w n g q e t r f j q  
e p t n t x z d f r o u  
t e a e t u a s n i a e  
b h d e u x q q a o f b  
c l l v d i c z h i r f  
j a m b e o h t r u o f

first

second

third

fourth

fifth

plié

sauté

pirouette

pointe

tendu

arabesque

changements



Don't forget to visit [www.thewardrobe.dance/members-area](http://www.thewardrobe.dance/members-area) for lots of Dance/Workout videos plus links to syllabus videos. You can also email [natalie@ascot.dance](mailto:natalie@ascot.dance) to request RAD & ISTD Graded videos.  
#KeepDancing

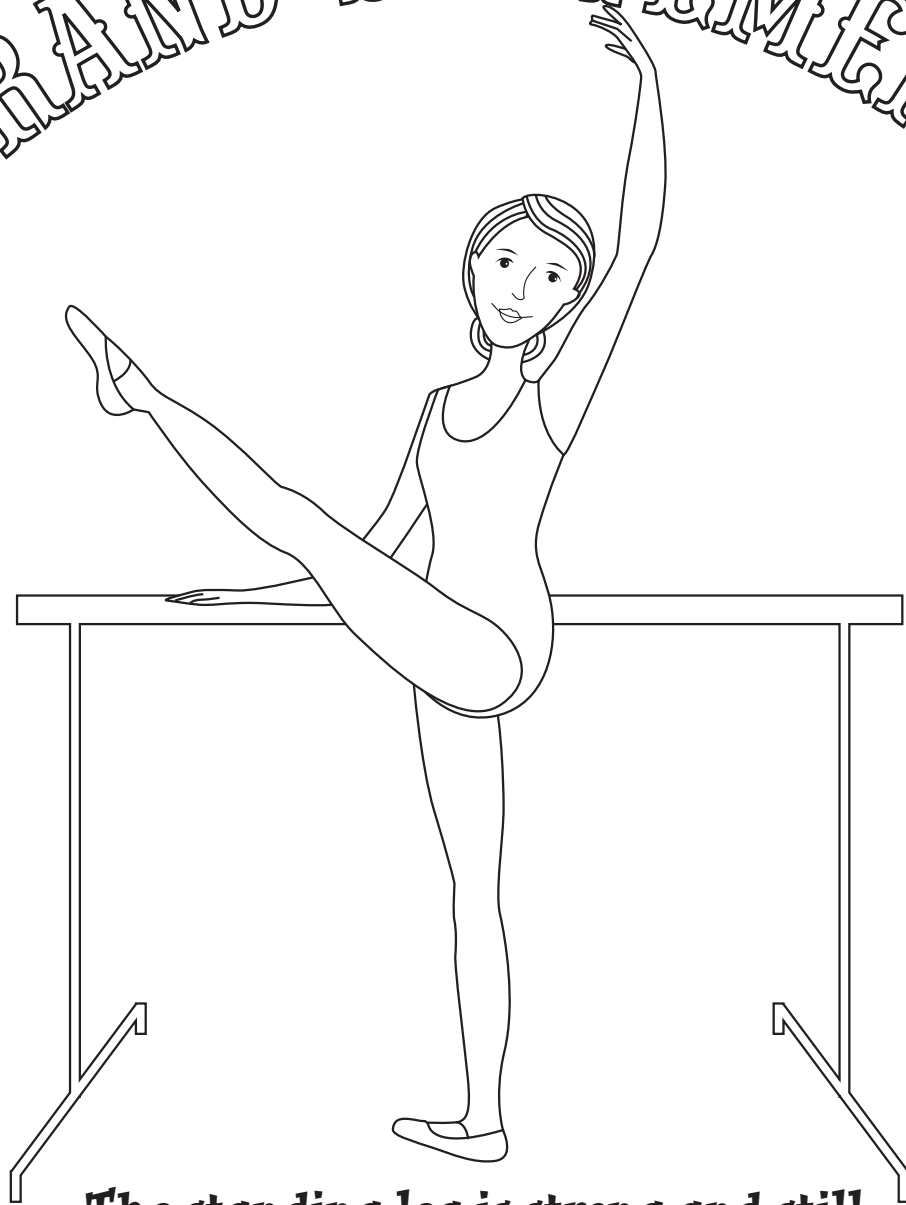
# HIP HOP



# DON'T STOP!

*Colour me in!*

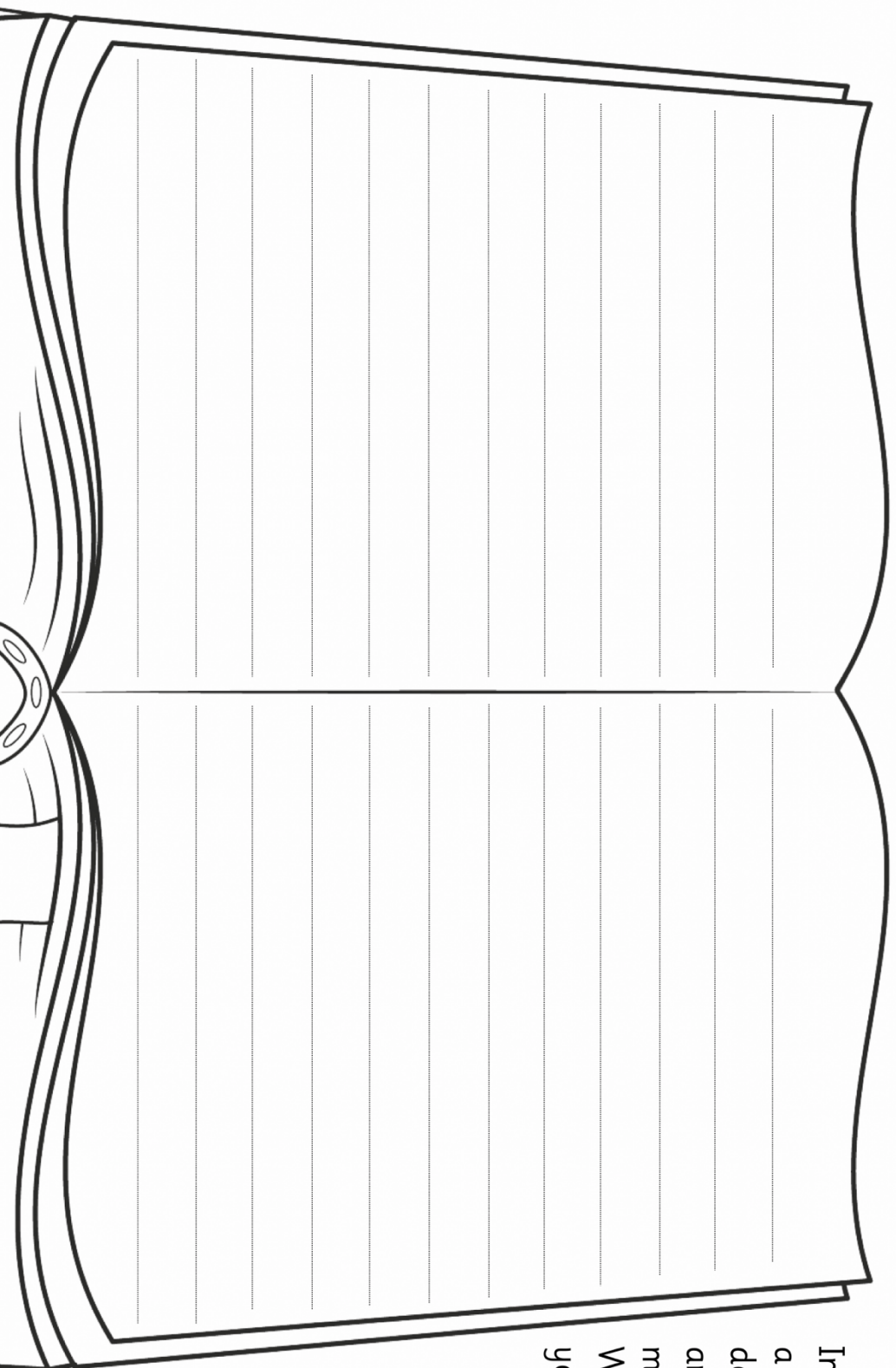
# GRAND BATTEMENT



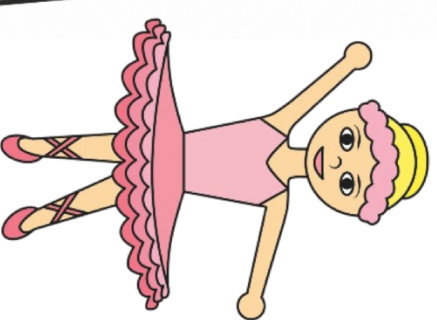
**The standing leg is strong and still,  
the working leg kicks high.  
It will take practice and skill,  
So give Grand Battement a try!**

*Colour me in!*

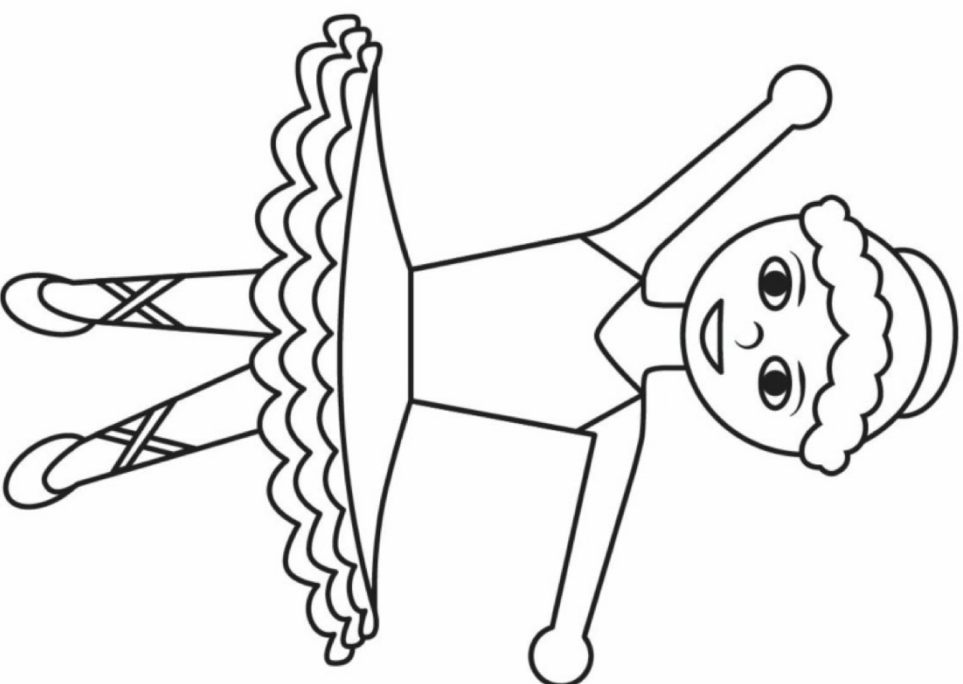
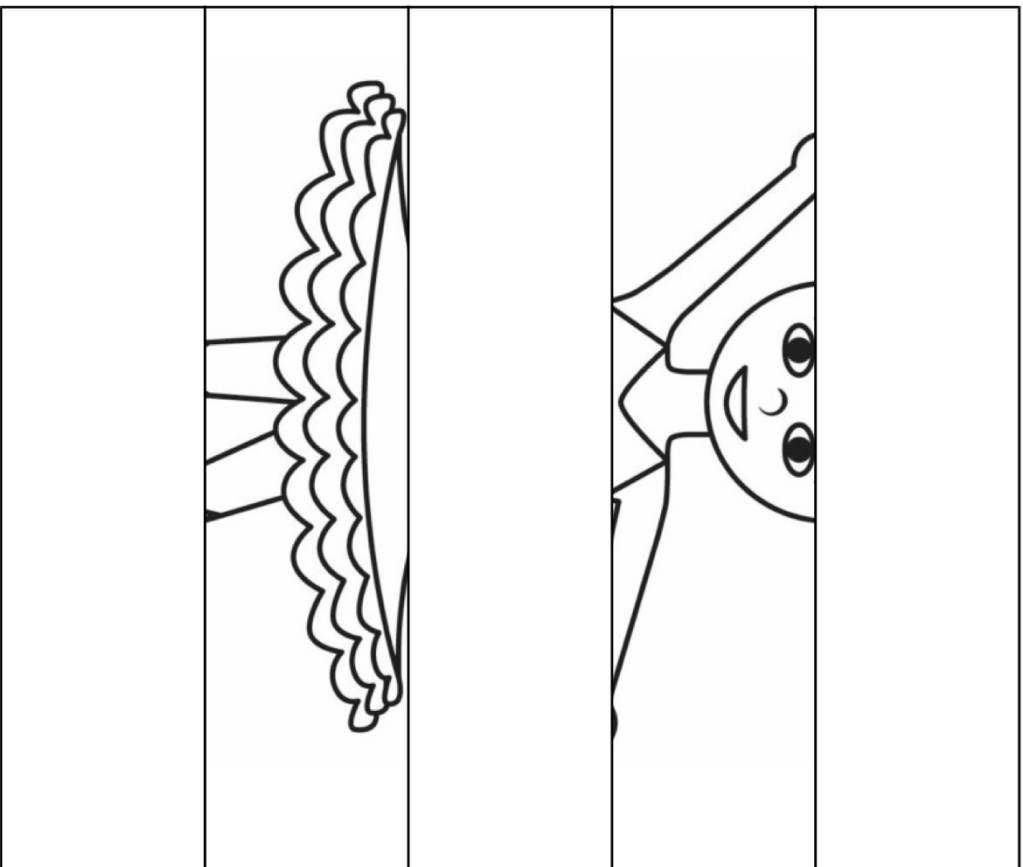
# My Day as a Ballerina Diary

An open diary with two blank, lined pages. The pages are white with light blue horizontal ruling. The diary has a black outline and a small binding in the center.

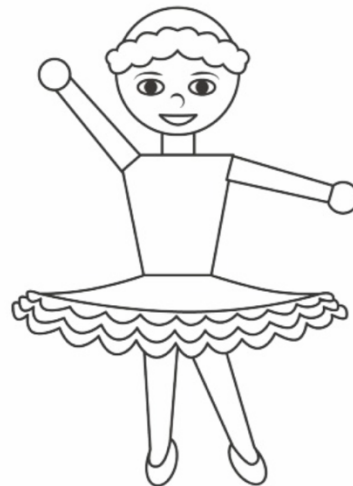
Imagine you were a ballerina for a day. What jobs and activities might you do? Write a diary of your day.



Can you complete the picture of the ballerina on the left, by copying the complete picture on the right?

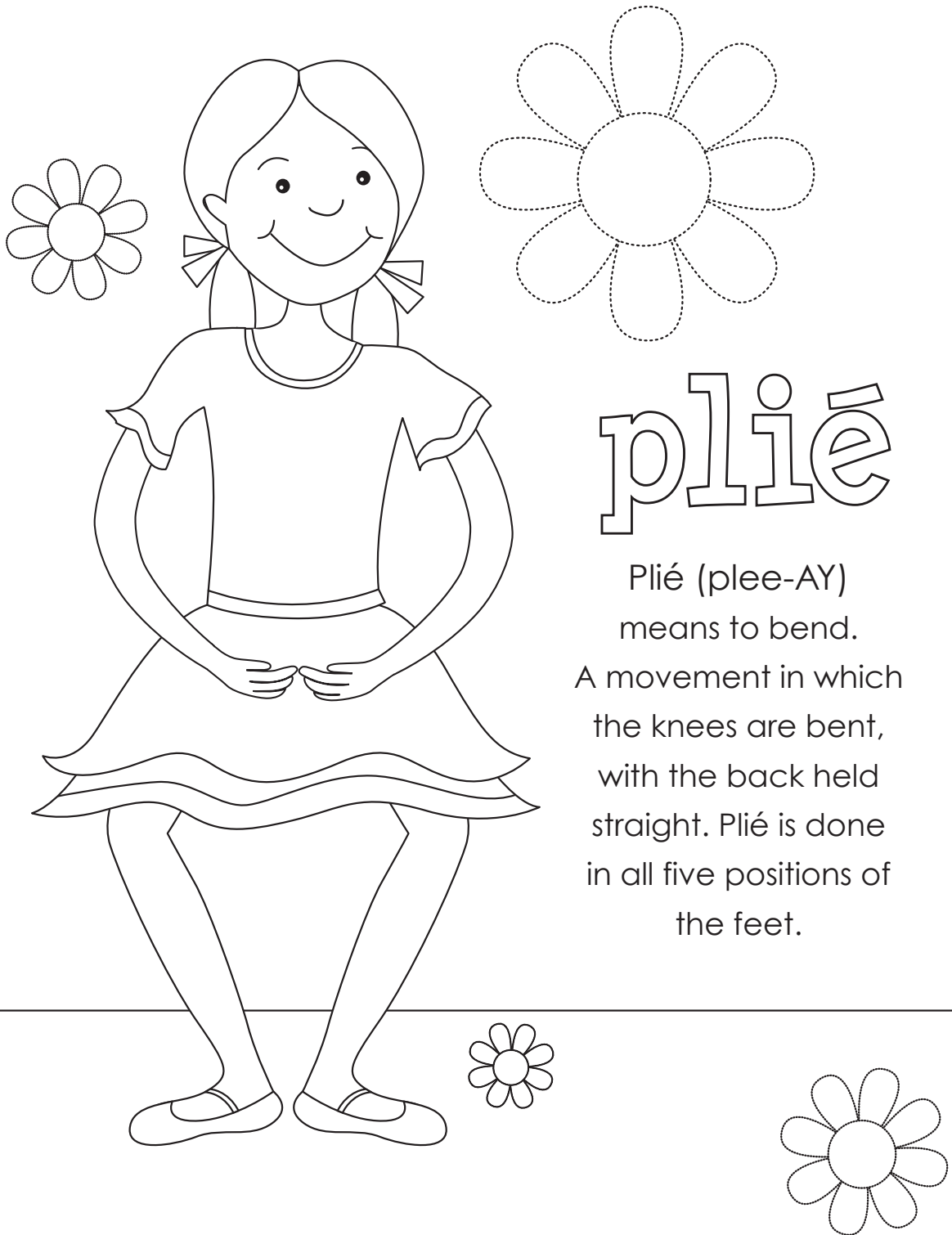


# Learn to Draw a Ballerina





Don't forget to visit [www.thewardrobe.dance/members-area](http://www.thewardrobe.dance/members-area) for lots of Dance/Workout videos plus links to syllabus videos. You can also email [natalie@ascot.dance](mailto:natalie@ascot.dance) to request RAD & ISTD Graded videos.  
#KeepDancing





## Make a paper ballerina!

### To make one ballerina you will need:

- 1 sheet of A4 paper
- 1 sheet of A4 card or paper
- Ballerina template (provided), printed on to a sheet of A4 card
- Scissors

### How to do it

1. Start by making the ballerina skirt. Trim the sheet of A4 paper into a square by folding it on the diagonal, then cutting or tearing off the excess rectangle.



2. Fold the paper in half diagonally. Then fold the triangle two more times, so you end up with a smaller triangle.



3. Holding the triangle by its base with the unfolded side on your right, cut a curve into the paper. Now snip some shapes out of the folded triangle, on all three sides. Open up the paper and you'll see some beautiful patterns!



### Top tip

If you make more than one ballerina, try snipping out different shapes each time to create some amazing designs!

4. Fold the skirt in half again and cut a small semi-circle to create a hole in the centre.
5. To make the ballerina, cut out the template provided. Fold the second sheet of A4 card or paper in half lengthways. Place the template against the fold, draw around it and carefully cut it out.



6. You now have your ballerina! Fold the ballerina in half lengthways and thread it through the hole in the centre of your ballerina skirt. Open it up and your paper ballerina is ready for the stage!



On the next page you will find the Ballerina Template!

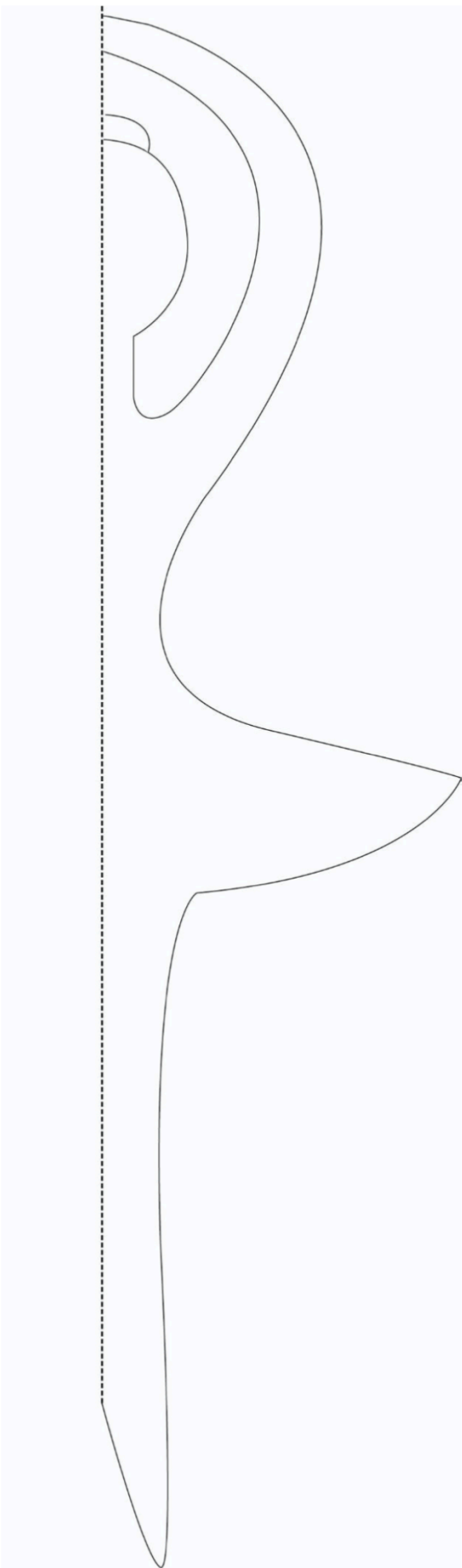
# Have fun and we can't wait to see photos of your Paper Ballerina!

*Here is another crafty idea!*

*Make a lollipop ballerina! Follow these simple instructions!*

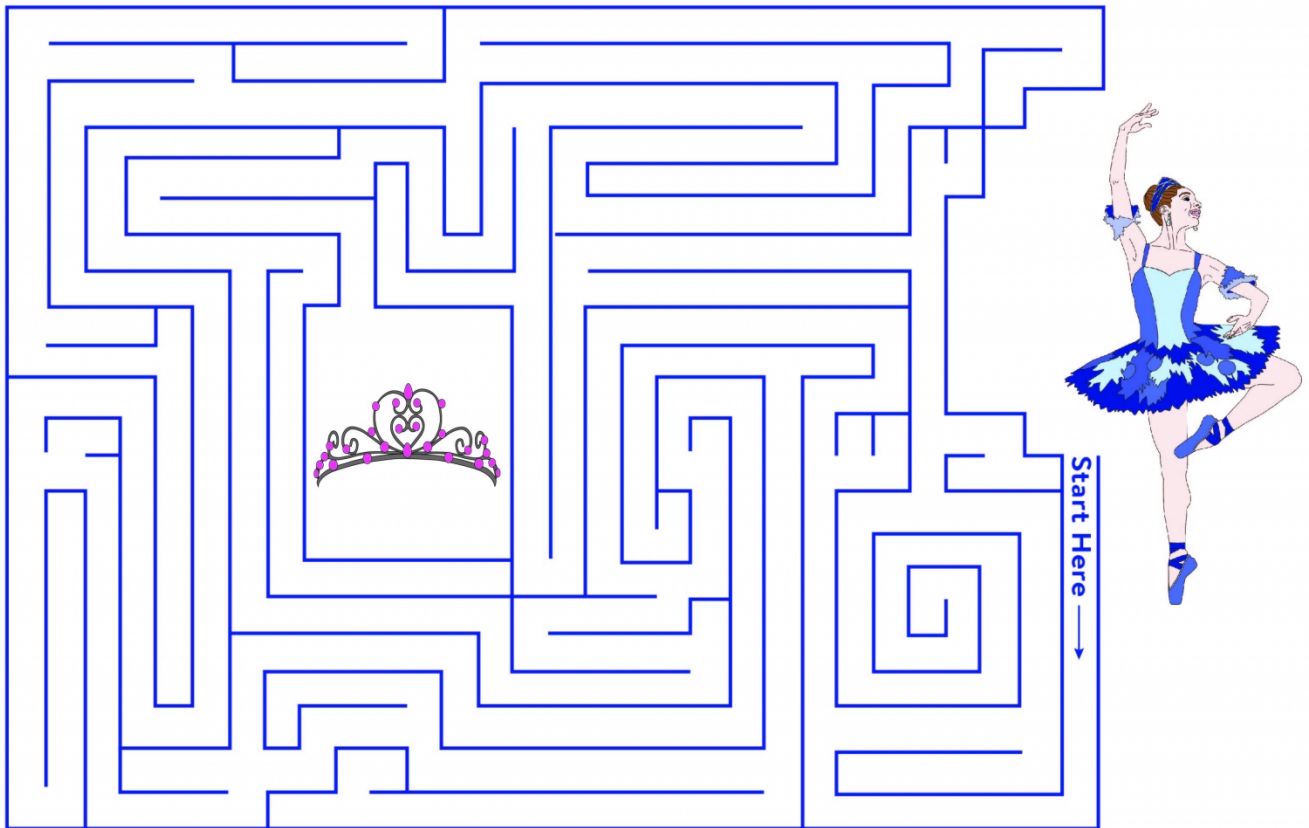
<https://www.youtube.com/watch?v=oE-SnQY9DL8>



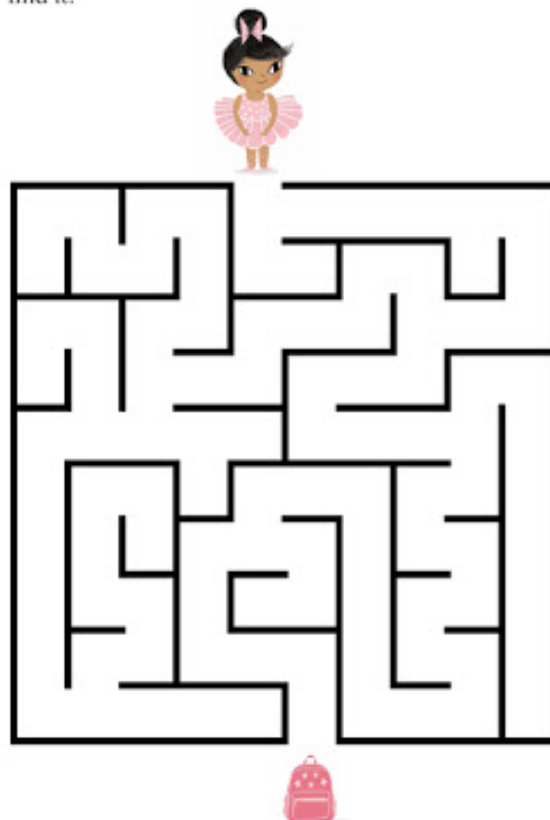


# MAZE

Help the ballerina get to her tiara!



Oh no! Millie has left her bag at the dance studio. Can you help her find it?





## How to Make Paperdoll Ballerinas



Trace the [ballerina template](#) once on one end of the paper. Then accordian fold the rest of the paper, being careful to match up the paper at the elbows. Cut around the figure, going through all layers of the paper, while leaving a portion of paper attached at the elbows (one of our last ballerina's lost a bit of her elbow but we kept her in the bunch just the same). As the paper is so thick, I would suggest doing this part yourself as it could prove to be too difficult for little hands).



Unfold the dolls once you are through cutting. Then using the charcoal pencil, you or you little one can add faces, cheeks and hair to the dolls.



From there you can move on to outfitting the dancers. I would suggest limiting your color palette by choosing just a handful of coordinating colored pastels.



From there you can let your little one color and create the leotards and ballet slippers.



I did a simple demo to show how to use the pastel on it's side for a broad stroke to cover a large area (such as the leotard) and then demonstrated how to use the tip of the pastel to create the straps and laces, etc. I then let our little friend take it from there.



*After the dolls are complete, you can move on to the crepe paper tutus. Simply run the crepe paper through the sewing machine (or hand stitch if you don't have a machine) and it will naturally bunch up into a ruffle.*



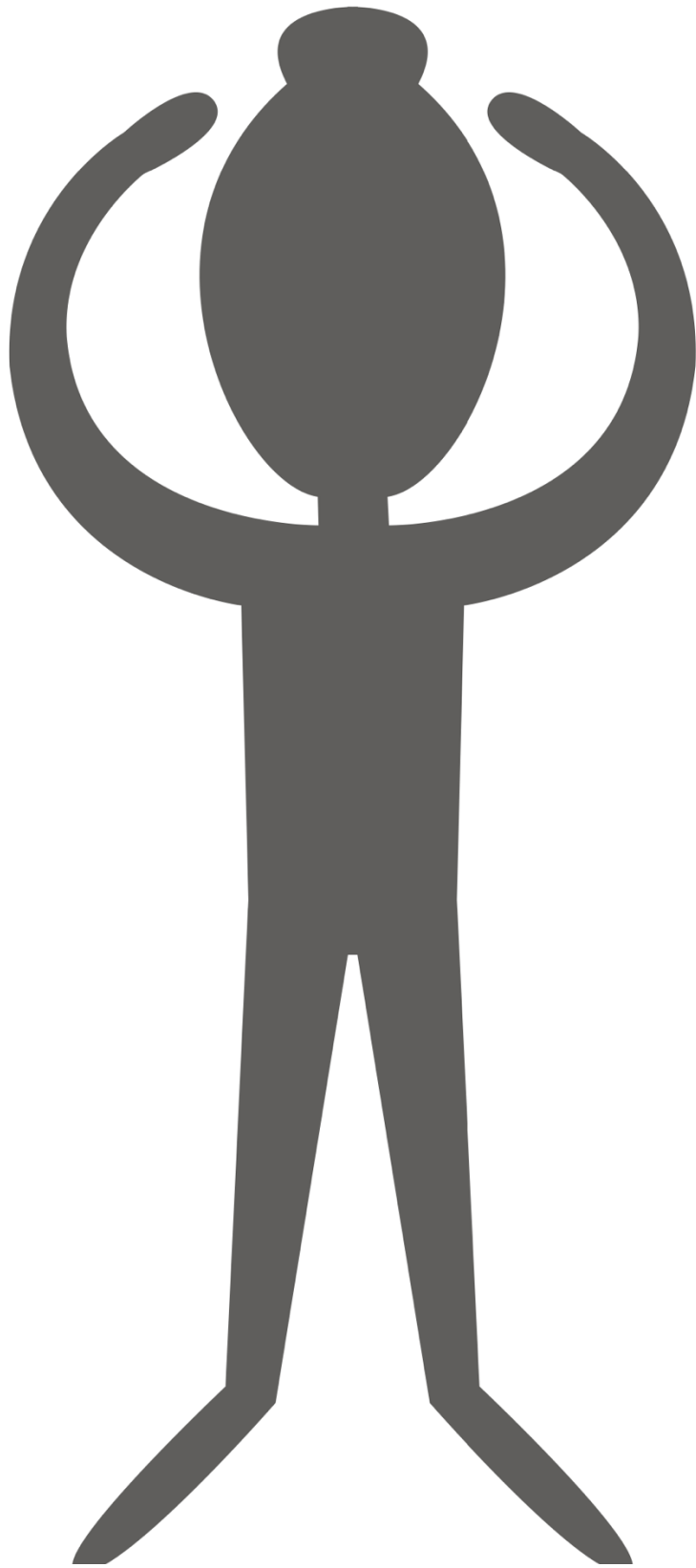
*From there you can cut up the paper to the desired tutu sizes. You can then adjust the ruffle to how you want it by pulling the threads at either end.*



*Finally, adhere the tutus with adhesive or Elmer's glue (so that the child can do it) or use hot glue (as I did, as that was all I had on hand at the moment).*



*You dolls are now complete! Now hang them up in your little one's room and adore them for days to come.*



*Don't forget to send photos of your crafts!*

*Have a wonderful summer!*

*#StayConnected #StayActive #StayCreative*

*#KeepDancing*



***Jumping for Joy!  
Dance Photo Competition!***

*Send us a photo of you performing a jump or a leap! How creative can you be?  
Jump on the trampoline, by the pool, on the beach, in the woods!*

*We can't wait to see your photos!  
**Stay Safe!***