

AMERICAN BALLET THEATRE



**ACTIVITIES FOR
EVERY LITTLE DANCER**



AMERICAN BALLET THEATRE

Dear Ballet Fan,

'Twas the night before **The Nutcracker**
and, sleepless in their beds,
these budding ballet dancers
are rehearsing in their heads. . . .



You might be familiar with the original tale, but what happens the night before a ballet premiere? If you or your little dancer have ever dreamed of dancing in *The Nutcracker*, now you can go behind-the-scenes as four children experience the thrills of auditions, rehearsals, costume fittings, and finally the big event: opening night!

With activities full of fun, American Ballet Theatre and Random House Children's Books invite you and your little dancer to take your dreams to new heights!

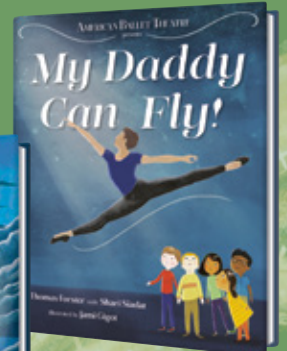
Your friends,



AVAILABLE NOW!



ALSO AVAILABLE



Scan the QR code
to learn more!



AMERICAN BALLET THEATRE

Nutcracker Rehearsal Checklist

It's nearly time for rehearsal of *The Nutcracker*!
Check off everything you need!



Ballet Slippers



Water Bottle



**Leotard
or Shorts**



**A Good
Night's Sleep**



Snack



Dance Bag

Draw anything else you might need.



Available Now!



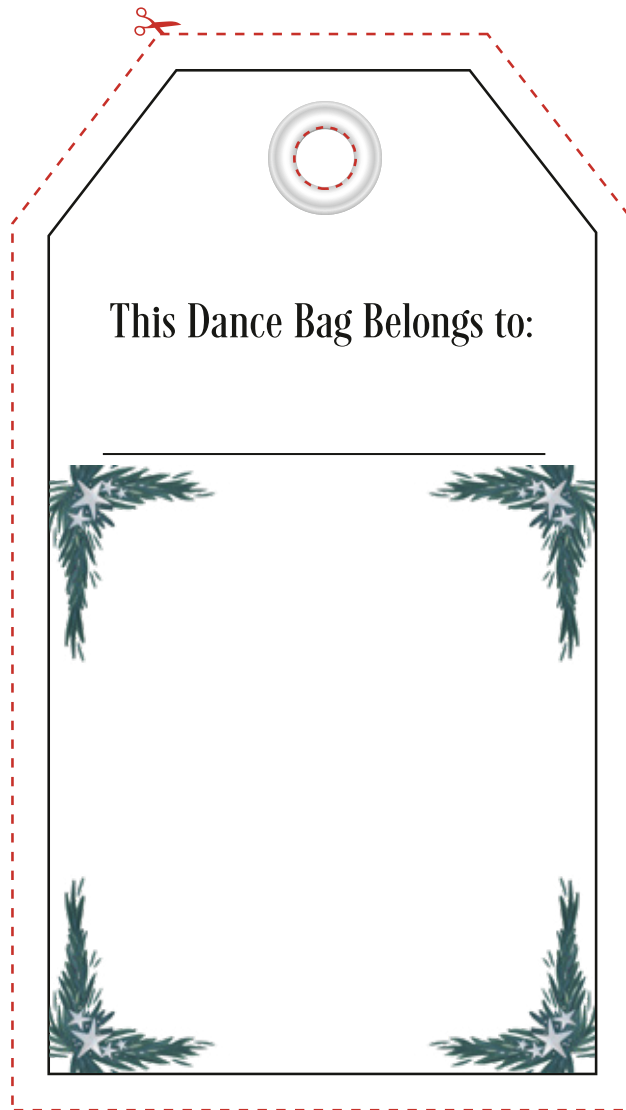
Scan the QR code
to learn more!



AMERICAN BALLET THEATRE

Dance Bag Tag

Never lose your dance bag again! Use the template below to design your very own dance bag tag. Write your name on the tag and decorate it any way you'd like. With a grown-up's help, cut out the shape and small hole at the top along the red dashed lines. Loop a string through the hole to attach the tag to your bag!



© American Ballet Theatre.
Art © 2022 by Julianna Swaney

Available Now!



Scan the QR code
to learn more!



AMERICAN BALLET THEATRE

Create Your Own Routine

It's rehearsal time and you need to practice your routine.

Draw yourself dancing in the space below.

You can gather your own audience and practice your performance for them!



© American Ballet Theatre.
Art © 2022 by Julianna Swaney

Available Now!



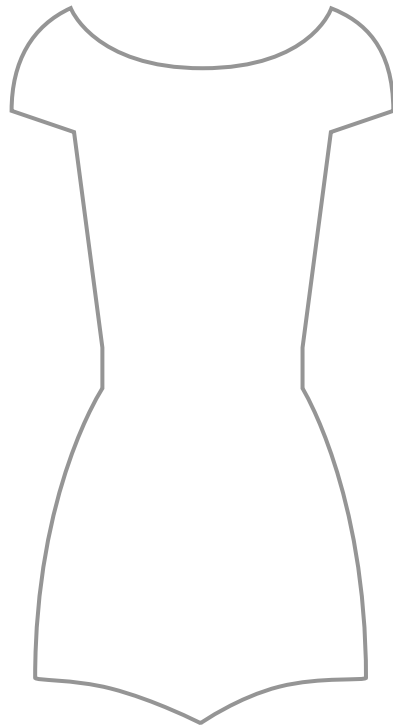
Scan the QR code
to learn more!



AMERICAN BALLET THEATRE

Design Your Costume

Congratulations, you got the part! Now it's time to design the ballet costumes for the performance. Use the space below to design your dream costumes for you and your fellow dancers!



© American Ballet Theatre.
Art © 2022 by Juliana Swaney

Available Now!



**Scan the QR code
to learn more!**



AMERICAN BALLET THEATRE

Color the Performance

It's show time! Show off your creativity and color in this dance scene from *The Night Before the Nutcracker*!



© American Ballet Theatre. Art ©
2022 by Juliana Swaney



Available Now!



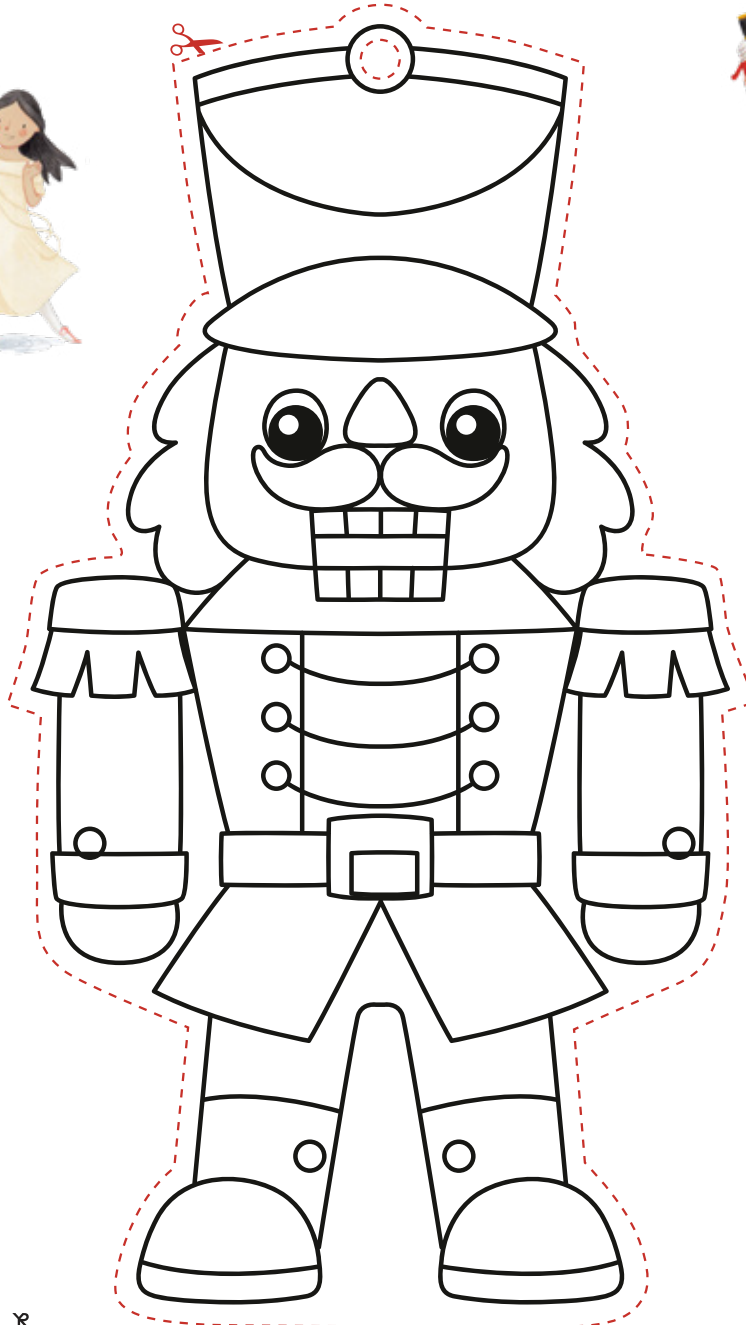
Scan the QR code
to learn more!



AMERICAN BALLET THEATRE

Nutcracker Ornament

Congratulations on your performance of *The Nutcracker*! Color the below ornament to celebrate your accomplishment. With a grown-up's help, cut out the design and cut a small hole near the top of the ornament. Loop a piece of string through the hole and hang it wherever you wish!



© American Ballet Theatre.
Art © 2022 by Julianna Swaney

Available Now!



Scan the QR code
to learn more!



AMERICAN
BALLET
THEATRE

Dance Along with My Daddy and Me!



Activities for
Every Little Dancer



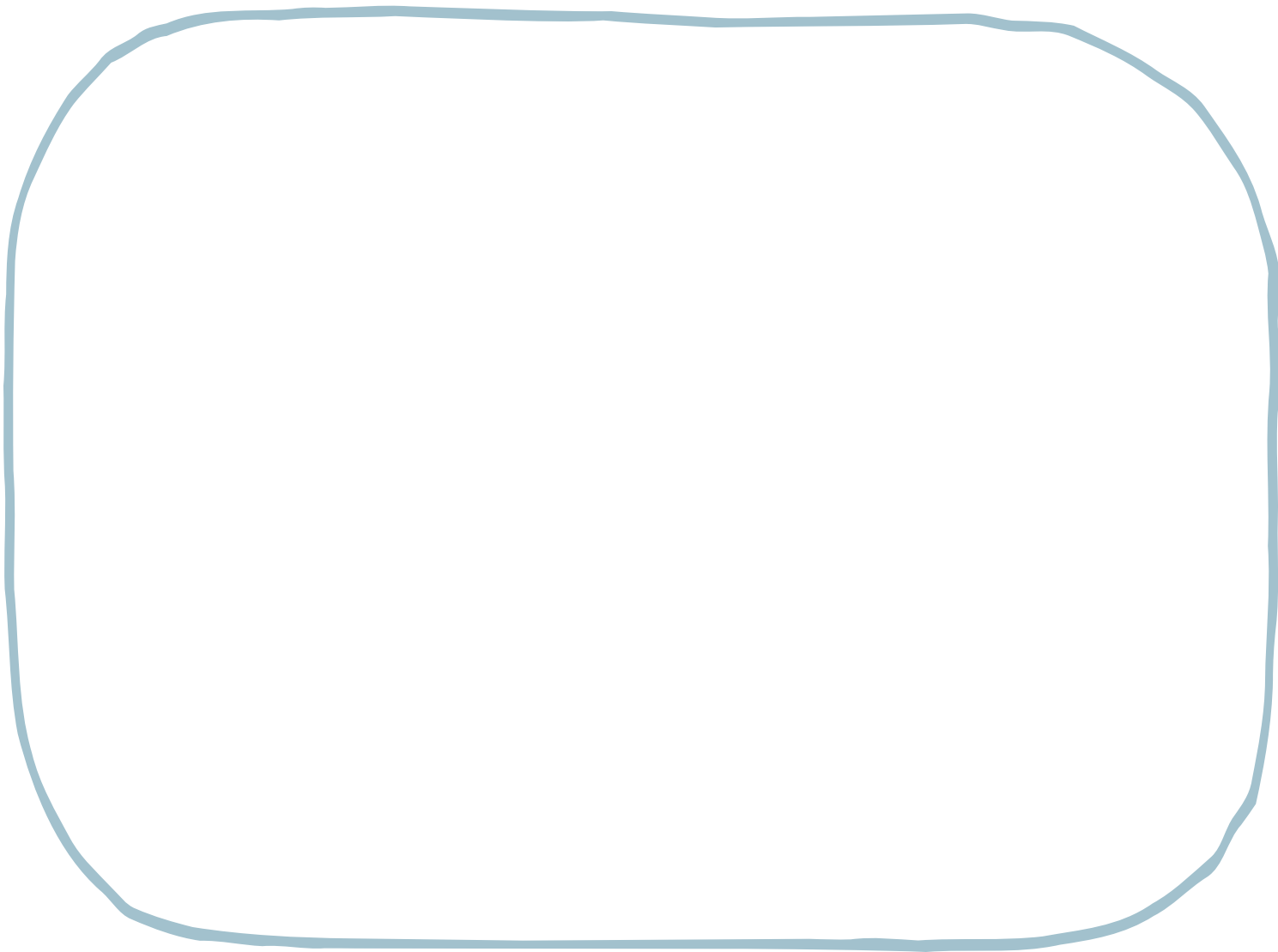
SCAN HERE TO LEARN MORE!


RANDOM
HOUSE
STUDIO

© American Ballet Theatre

When I Grow Up . . .

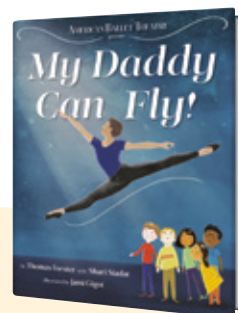
What do you want to be when you're older?
Dream big and draw yourself all grown up!



SCAN HERE TO LEARN MORE!



AMERICAN
BALLET
THEATRE



© American Ballet Theatre

Available Now!

Follow the Dancer

Practice your dance moves
with your friends and family!

HOW TO PLAY: In a group, have one person be the lead dancer, while the others will be followers. The leader will start dancing and everyone else must follow their dance moves. However, when the leader does a pirouette, the rest of the dancers must freeze. If a dancer copies the pirouette, they're out! The last dancer standing wins!

If you're the leader, here are some ideas
for dance moves from *My Daddy Can Fly!*



plié



arabesque



jeté



attitude devant



pirouette



attitude derrière



sauté



sous-sus



tendu



SCAN HERE TO LEARN MORE!



AMERICAN
BALLET
THEATRE



Available Now!

© American Ballet Theatre

Spot the Differences

Ben and his daddy need your help!
Can you find 10 differences between the two pictures below?



ANSWER KEY:



SCAN HERE TO LEARN MORE!



AMERICAN
BALLET
THEATRE

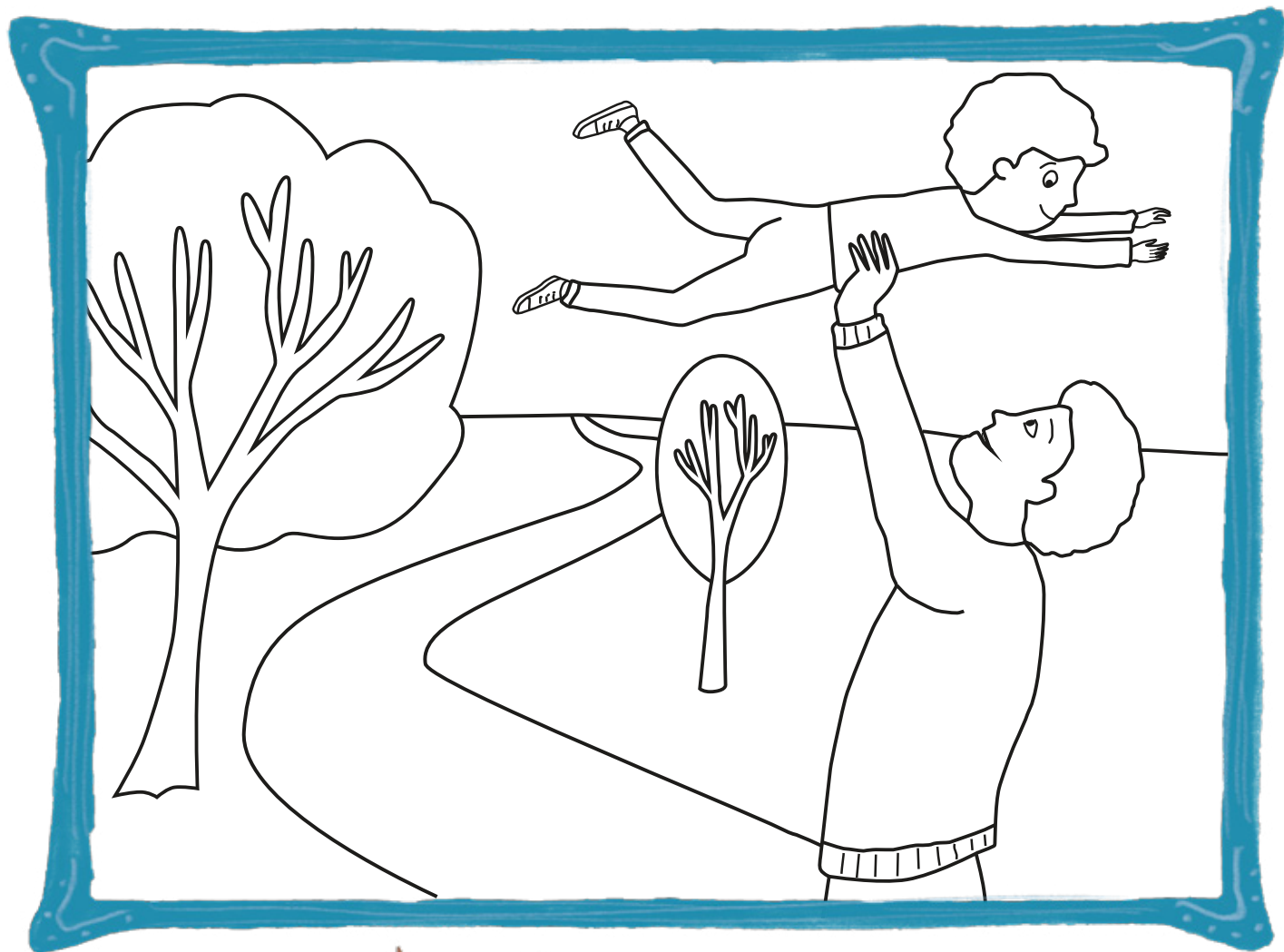


Available Now!

© American Ballet Theatre

Color the Dancer

Ben's daddy is a ballet dancer, and Ben wants to grow up to be just like him! Color in this scene to bring Ben and his daddy to life.



SCAN HERE TO LEARN MORE!



AMERICAN
BALLET
THEATRE

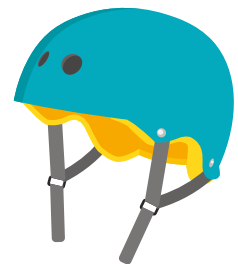
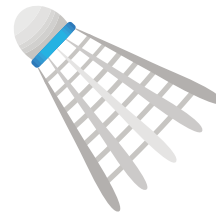
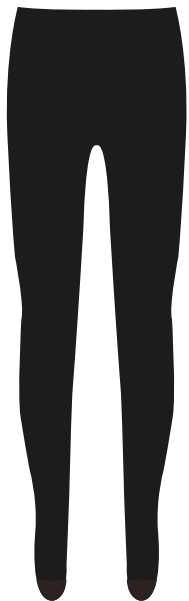
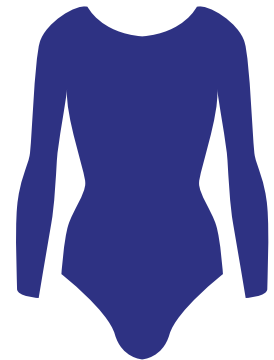
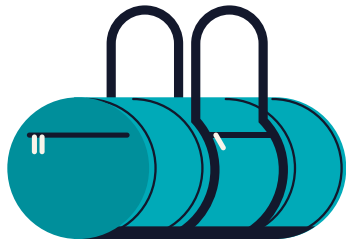


© American Ballet Theatre

Available Now!

Get Ready for Ballet Class

Get ready to dance! Circle only the items below that should be brought to ballet class.



ANSWER KEY:

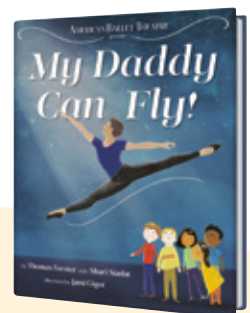
Things to bring to ballet class:
water bottle, leotard, tights,
ballet bag, ballet shoes



SCAN HERE TO LEARN MORE!



AMERICAN
BALLET
THEATRE



Available Now!

© American Ballet Theatre

Let's Dance Together

Dance with these emotions!

Ballet dancers act out different emotions when they dance. They show through their movements whether they're happy or sad, mad or excited. Ben and his daddy invite you to practice acting out different emotions through dance with a game of charades!

Below are different emotions that you must act out through dance. With a grown-up's help, print and cut out the below emotions and shuffle them. You can also write these words on your own paper. Take turns picking a different emotion and acting it out for others to guess. If you guess what the dancer's emotion is, you get a point!

The player with the most correct guesses wins!

Remember, you can only show this emotion through dance, no speaking!

Happy

Mad

Afraid

Sad

Surprised

Excited

Nervous

Confident



Available Now!



SCAN HERE TO LEARN MORE!


RANDOM
HOUSE
STUDIO

AMERICAN
BALLET
THEATRE

© American Ballet Theatre

More Activities to Get Your Little Dancer Ready for Class!



AMERICAN
BALLET
THEATRE



SCAN HERE TO LEARN MORE!

Ballet Warm-Ups

Get your little dancer moving before class! These movements will help your dancer stay limber and get ready to dance.

Movement 1:

Pretend that you're a butterfly! Butterflies can teach you how to be graceful when you dance.

Movement 2:

Pretend that you are swimming! Swimming can help you build strength for your dancing.

Movement 3:

Pretend that you're a bear! Bears have courage that you can bring with you to your dance class.

Movement 4:

Pretend you're a dog! Dogs have positive attitudes that can help you build confidence.

Movement 5:

Pretend that you can fly! This helps you build your imagination.

Now your little dancer is ready for class!



SCAN HERE TO LEARN MORE!



AMERICAN
BALLET
THEATRE



Available now!

I Can Dance, and You Can, Too!

Practice your dance moves with this game!

In a group of two or more, have one person be the leader while the rest will be the followers. The leader will give a dance move instruction with the phrase “I Can Dance” before the instruction. The leader will then move into the position for the followers to copy. If the leader does not say the phrase “I Can Dance” before the dance move, the followers should not copy the dance move. Every time a follower copies a dance move without the “I Can Dance” indicator, they are out. The last follower wins!

Use these dance moves for your game! Leader, remember to switch up when you say “I Can Dance” to trick followers into copying you!

I Can Dance . . .

a pirouette!

a breakdance!

the robot!

the twist!

a tap dance!

a plié!

the moonwalk!

the Macarena!

a square dance!

the tango!



SCAN HERE TO LEARN MORE!



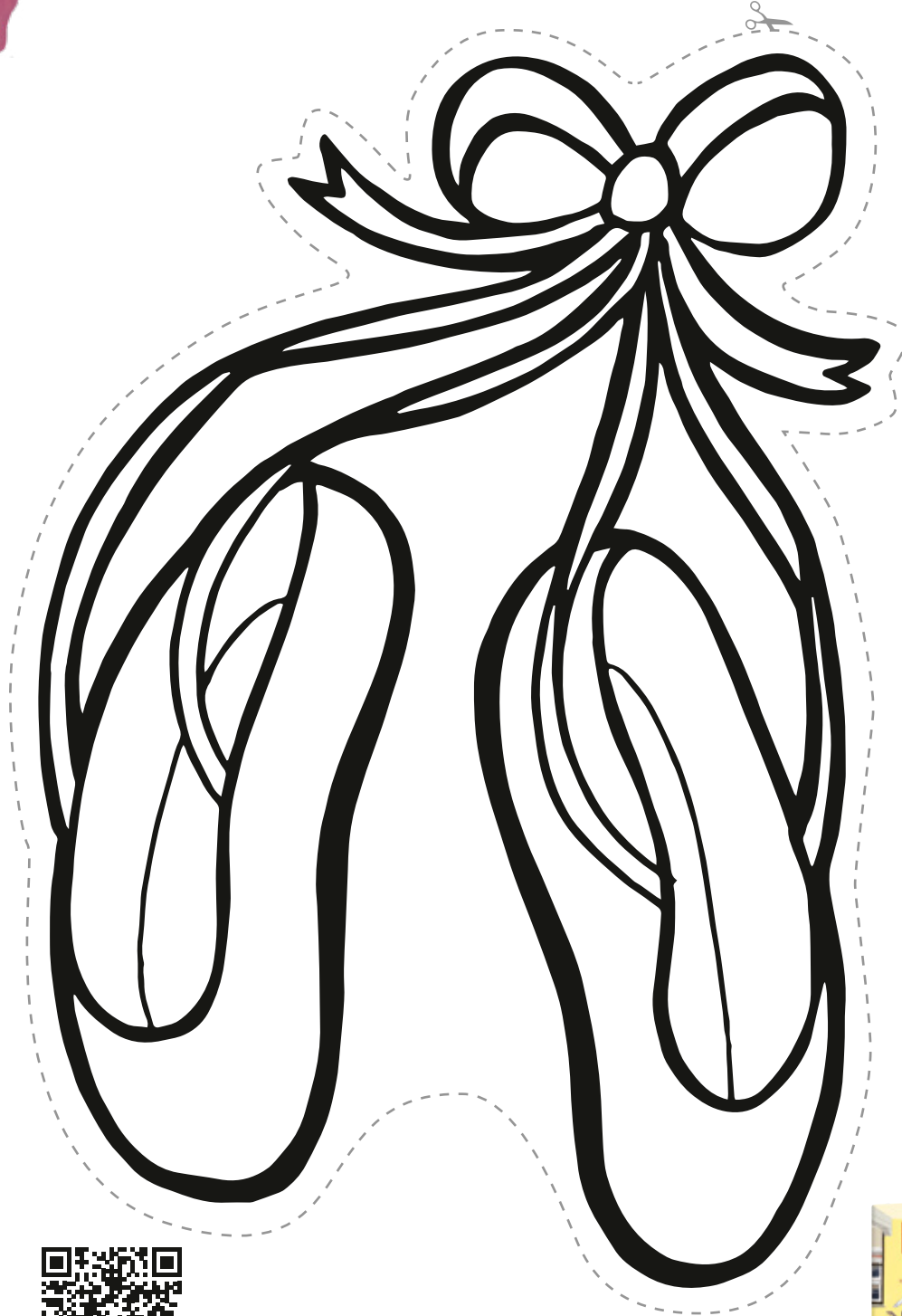
AMERICAN
BALLET
THEATRE



Available now!

The Perfect Ballet Shoes

Dance to the top with your own unique ballet shoes!



Ballet shoes are important to every ballet dancer. Decorate these shoes so they are perfect for you! You can cut the shoes out and bring them with you to your ballet class.

If you don't have access to a printer, draw and decorate your own perfect ballet shoes on a blank piece of paper.



SCAN HERE TO LEARN MORE!



AMERICAN
BALLET
THEATRE



Available now!

Spot the Differences

Can you find the differences between the pictures?

These dancers are getting ready for class!
Circle ten differences that you see between the two pictures.



Find the answer on
the last page of this packet.



SCAN HERE TO LEARN MORE!



AMERICAN
BALLET
THEATRE



Available now!

Let's Dance Together

Join in the dancing fun!

Have you ever wanted to dance on the big stage?
Now is your chance! Draw yourself into the scene below,
showing off your awesome dance moves for all to see!



Illustrations by Luciano Lozano and Rachael Dean.



SCAN HERE TO LEARN MORE!



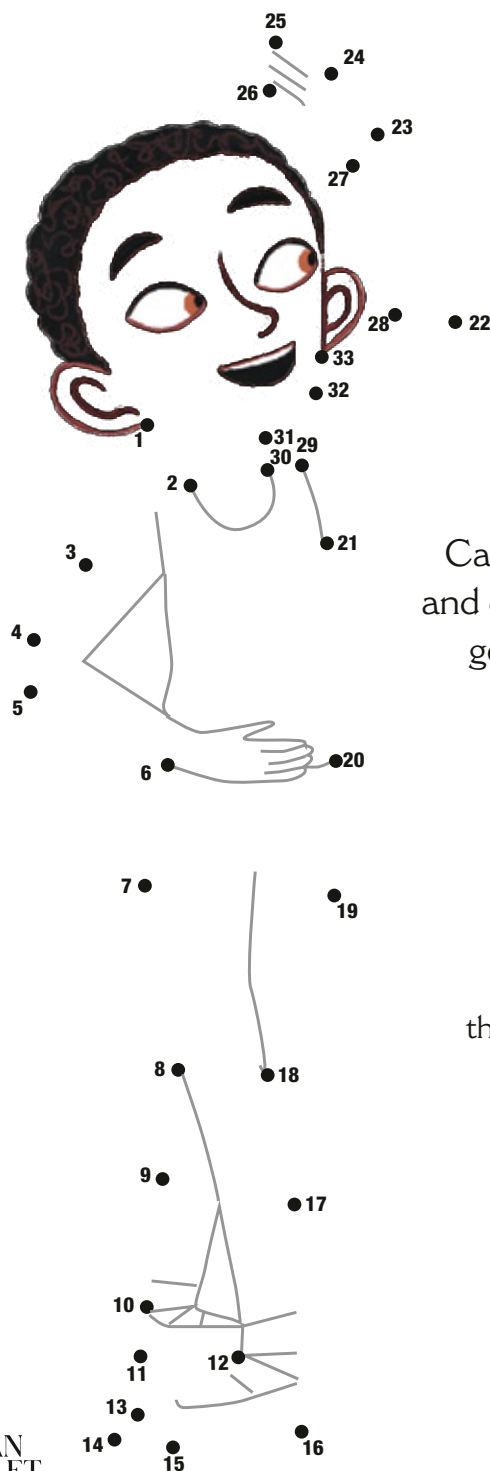
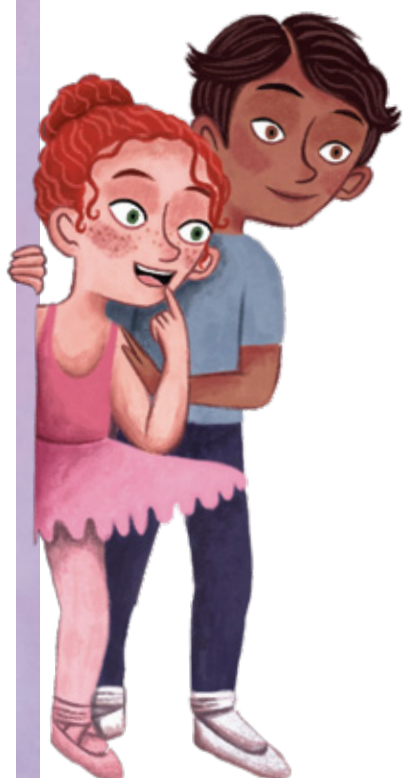
AMERICAN
BALLET
THEATRE



Available now!

Connect the Dots

Find the little dancer!



Can you connect the dots and discover the little dancer getting ready for class?

Find the answer on the last page of this packet.



SCAN HERE TO LEARN MORE!



AMERICAN
BALLET
THEATRE



Available now!

Illustrations by Rachael Dean.

Ballet Class Checklist

Make sure your little dancer is ready for class!

As your little dancer heads to ballet class, make sure they bring the following items! Check off the items below as they pack for class.



Positive Attitude



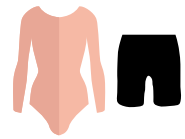
Ballet Shoes



Tights



Towel



Leotard or Shorts



Snack



Dance Bag



Water Bottle



SCAN HERE TO LEARN MORE!



AMERICAN
BALLET
THEATRE



Available now!

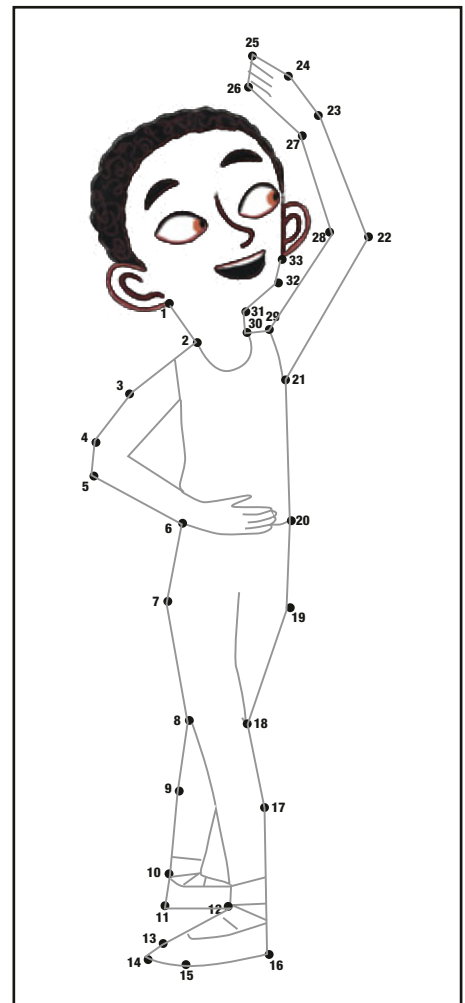
Answer Key

Below you'll find the answers to the Spot the Differences and the Connect the Dots activities.

SPOT THE DIFFERENCES:



CONNECT THE DOTS:



SCAN HERE TO LEARN MORE!



Available now!

Take storytime to new heights!



SCAN
HERE
TO
LEARN
MORE!