Ballet Class Recipe Booklet

Mix & Match Your Own Magical Dance Class



Sprinkle mix and bake up your very own magical, music and movement lesson plan with our step-by-step recipe booklet printable. Pull activities from our other full lesson plans to mix and match, or fill in the blanks with your own favorite movement and ballet activities. This booklet follows the same structure used in our full lesson plans, with ballet vocabulary included and clear explanations so you can confidently begin teaching in your home, school or studio — no dance experience needed! Perfect for dance teachers, homeschool parents and early childhood educators looking for a fun and meaningful way to incorporate movement into the school day.

Cadouxdle Dance

A Creative Lesson Planning Template for Early Childhood Dance Classes (Ages 3-5)
to be used in your studio, school or home

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Mix & Match Your Own Magical Dance Class

Theme: _____

Age Group: _____

Class Length: _____



1 THEME

What is today's class theme? _____

Examples (optional prompt line for teachers): _____

fairies • animals • seasons • storybook world • ocean • ballet story (Swan Lake, Cinderella etc.)

2 STORY (1–3 minutes)

Class opening story or imagination prompt:

_____

Prompt idea: Where are we today? What is happening in our magical world? Maybe even use a storybook or pictures to show the day's theme.



3 SEATED WARM-UP



Choose seated movement ideas:

- ☐ Upper body stretches
- ☐ Finger/hand coordination (sparkles, waves, etc.)
- ☐ Breathing with arms
- ☐ Other: _____

Notes / imagery used:

4 SEATED STRETCHES



Choose flexibility work:

- ☐ Butterfly stretch
- ☐ Straddle stretch
- ☐ Forward fold
- ☐ Side stretch
- ☐ Point & flex feet
- ☐ Other: _____

5. Standing Warm-Ups



Choose standing preparation:

- ☐ Marching / locomotor prep
- ☐ Gentle pliés (bend and stretch knees)
- ☐ Arm positions (1st, 2nd, etc.)
- ☐ Traveling steps in place (hops, marches, tiptoes, kicks)
- ☐ Other: _____

6. Balance Activity



Balance focus for today:

- ☐ Passé balance (stand with toe to knee)
- ☐ Arabesque shape (stand on one foot with one leg extended behind)
- ☐ Other: _____

How will it be framed?

_____

_____

7. Center Choreography

Simple movement sequence idea:

_____

_____

Optional prompts:

- What 3–5 steps are included?
- Is there music or counting?
- Is there a story connection?

8. Across the Floor



Traveling steps used:

- ☐ Skips
- ☐ Gallops
- ☐ Tiptoe walks (demi pointe)
- ☐ Running with control
- ☐ Other: _____

Focus (quality or goal):

_____

_____

_____

9. Taking Turns



Turn-taking activity idea:

Pick a skill, or step for each child to try one at a time for quick one-on-one time with you as the teacher. Have the other children offer applause for each other as they wait their turn.

Notes:

_____

_____

10. Dance Games



Choose one or more games:

- ☐ Freeze movement game
- ☐ Mirror game
- ☐ Follow-the-leader
- ☐ Imagination game (become animals/objects)
- ☐ Rhythm or clapping game
- ☐ Other: _____

Rule or focus:

11. Prop Activities



Choose one or more props:

- ☐ Scarves
- ☐ Ribbons
- ☐ Beanbags
- ☐ Stuffies or teddies
- ☐ Tambourines or maracas
- ☐ Other: _____

Rule or focus:

12. Curtsy / Bows



Closing ritual:

- ☐ Curtsy
- ☐ Bow
- ☐ Thank you circle
- ☐ Gentle stretch goodbye
- ☐ Give yourselves a big hand for a great job at dance class

Closing words or phrase:

Teacher Notes

What worked well today?

_____

_____

_____

What would I adjust next time?

_____

_____

_____

Mix, match, and create your own magical ballet classes using this flexible recipe system.

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ready to bring into your classroom or studio.

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