

# mini movers

## SEATED STATIONARY ROUTINE SUMMARIES

### 5 LITTLE DUCKS

Seated in a circle without props, this seasonal dance is versatile for any time of the year and ideally follows "Peter Rabbit," enriching the session's thematic variety. A good one for incorporating numeracy into the session.

### INCY WINCY

A calm, seated dance without props, perfect for transitioning into "Wind the Bobbin Up." Its thematic elements make it especially fitting around Halloween.

### RHYTHM OF THE MUSIC

A flexible dance that can be done seated or standing without props. It flows seamlessly into "Music Man" or "Strike Up the Band," offering a rhythmic and musical experience that enhances the class's atmosphere.

### ROW ROW ROW YOUR BOAT

Seated in pairs, this dance encourages participants to mimic rowing movements without props. It transitions smoothly from "Wind the Bobbin Up" or other seated activities, promoting interaction and coordination.

### STAND UP SIT DOWN

Starting seated and transitioning to standing, this dance involves no props and is ideal as a warm-up at the class's start. It sets the tone for active participation and smoothly leads into "Five Speckled Frogs."

### TINY TURTLE

A seated, acapella dance without props, "Tiny Turtle" is a gentle choice for winding down towards the end of the class, offering a calm and reflective moment.

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### WAKE UP YOUR MUSCLES

Done seated without props, this warm-up dance starts the class, preparing participants for the activities ahead. It transitions smoothly into "Shake Your Sillies Out," setting an energetic tone.

### WIND THE BOBBIN UP

A seated circle dance without props, "Wind the Bobbin Up" is excellently placed in the middle of the class. It complements "Incy Wincy" and "Row Row Row Your Boat," promoting a cohesive and interactive session.