

mini movers

STANDING STATIONARY ROUTINE SUMMARIES

1 FINGER 1 THUMB

Performed standing in a stationary circle, this dance requires no props and serves as an excellent mid-class activity. It seamlessly transitions into "Head Shoulders Knees and Toes" or "My Right My Left," making it a versatile addition to any session.

5 LITTLE MONKEYS

This dance is done standing in a stationary circle without props. Ideal for the middle of the class, it naturally follows "Down in the Jungle" and "Nelly the Elephant," creating a seamless jungle-themed segment. A good one for incorporating numeracy into the session.

5 SPECKLE FROGS

Standing in a circle without props, this engaging dance is suitable for all seasons and pairs well with "Peter Rabbit," enhancing the class's mid-point with a lively rhythm. A good one for incorporating numeracy into the session and also for use in a spring-themed class. Grown ups should lift babies on the jumps

DOWN IN THE JUNGLE

A stationary standing dance without props, it's effectively placed in segments with "Nelly the Elephant" and "5 Little Monkeys" for a cohesive jungle theme. In this dance get ready to be a monkey, a snake and a crocodile!

GOODBYE SONG

Performed standing with Makaton signing, this dance offers a meaningful and inclusive way to conclude the class, leaving a lasting impression on the participants.

HEAD, SHOULDERS, KNEES AND TOES

A classic dance done standing in a circle without props. It's an excellent way to start the session, encouraging full-body movement and coordination.

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HOCKEY COCKEY

This one has stood the test of time for sure! An iconic circle dance performed standing without props. Positioned towards the class's end, it offers a joyous and energetic culmination of the session.

IF YOU'RE HAPPY AND YOU KNOW IT

A versatile, stationary dance performed standing without props. It fits well at any point in the class, adaptable to the session's flow and energy.

JUMP OUT OF BED

An energetic start to the class, this standing circle dance sets a lively tone for the session, engaging participants right from the beginning.

PETER RABBIT

Done standing in a circle without props, "Peter Rabbit" is perfect for spring or Easter but versatile enough for all year. It beautifully follows "Five Little Ducks," adding a playful element to the session.

SHAKE YOUR SILLIES

Typically performed standing, this dance serves as an energetic warm-up near the beginning of the class. No props are needed, making it a simple yet effective way to engage participants and prepare them for the session ahead.

SHOTGUN

A great dance for older Mini Movers. Can be done in a space or a circle. This dance is a great pre school type Street Dance routine.