

mini movers

EXAMPLE CLASS PLAN B

Wake Up Your Muscles
Shake your sillies
Head Shoulders Knees & Toes
Wind the Bobbin
5 Little Monkeys
Nelly the Elephant
Grand Old Duke of York
Dingle Dangle Scarecrow
Row Row Row Your Boat
Sleeping Bunnies
Teddy Bears March
Teddy Bears Picnic
Polly had a Dolly
Wheels on the Bus
Hokey Cokey
Tiny Turtle
Goodbye Song

Tip: Prepare your music playlist ahead of time. Organise the songs in the order you'll need for your session, ensuring a smooth transition from one dance to the next. This approach minimises downtime and keeps the energy flowing, allowing you to focus on teaching rather than searching for the right track. A well-structured playlist not only saves you time but also helps maintain the rhythm and engagement in your class.