

Joffrey Community Engagement

Activity Pages & Dance Resources

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Follow Joffrey Community Engagement on Social Media for
more fun activities and dance-alongs!

Facebook: Joffrey Community Engagement

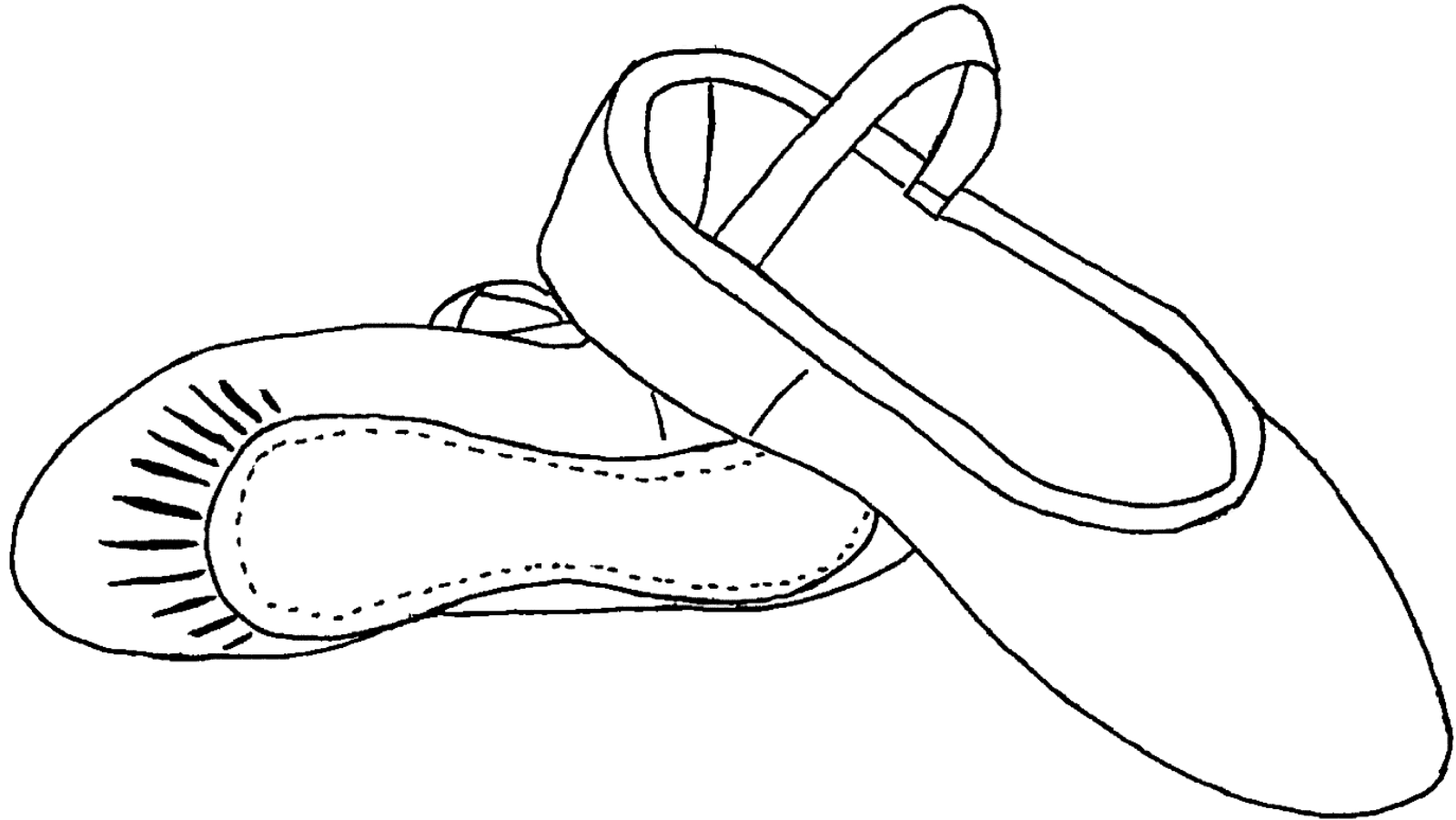
Instagram: @joffreyCE

JOFFREY BALLET
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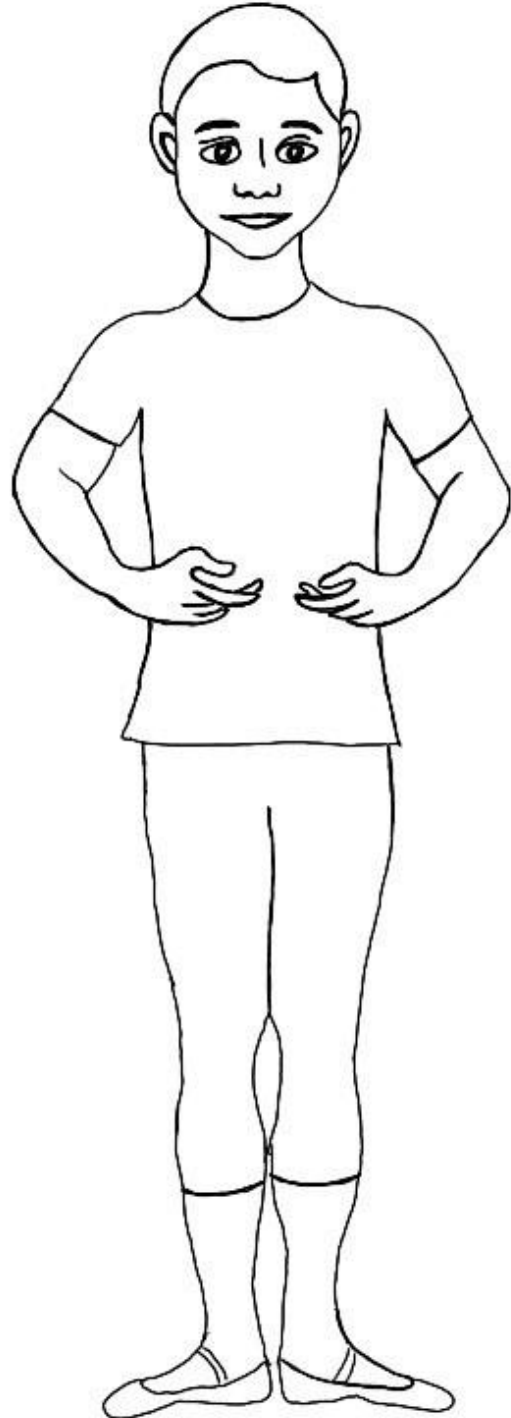
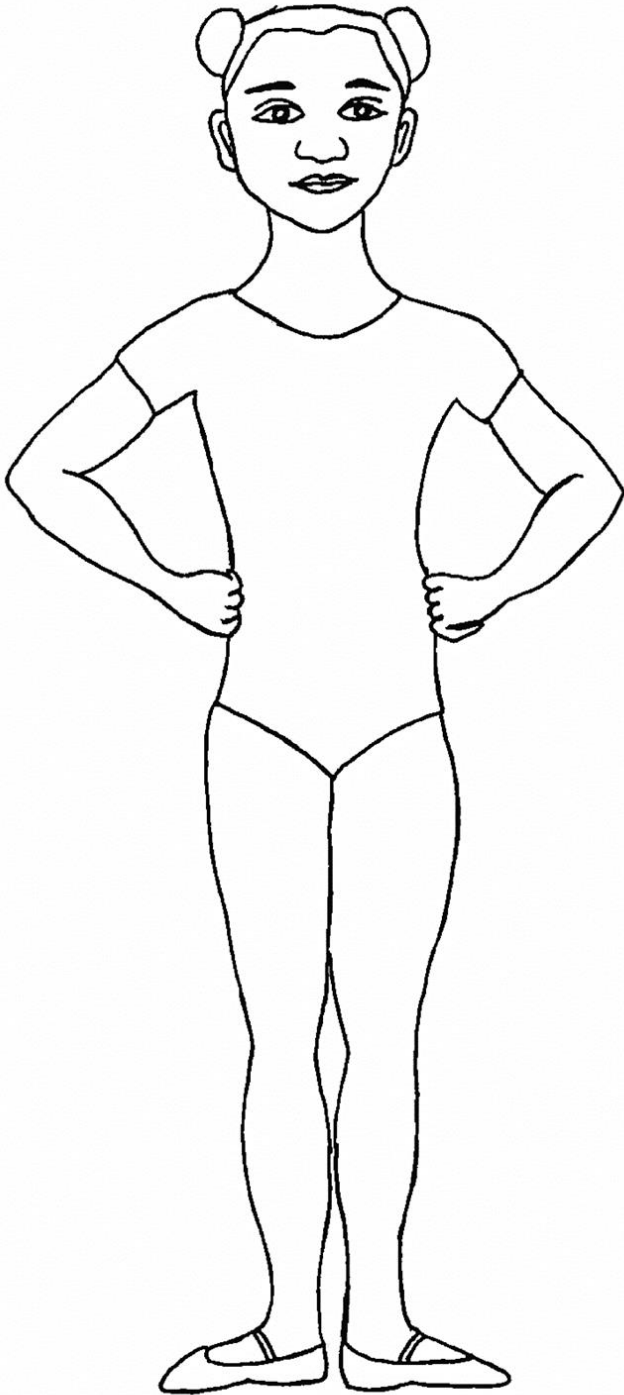
Try and get a BINGO on the board!

B	I	N	G	O
Research your favorite dancer and make a list of 5 facts about them.	Make up a new dance move and come up with a name for it.	Play freeze dance.	Set 5 dance goals and write them down.	Draw a dance picture.
Watch a Joffrey Ballet video on YouTube.	Do 15 jumping jacks & 15 crunches.	Try a new dance move.	Have a jumping contest with someone in your house. See who can jump the highest.	Perform a dance for someone in your house.
Take a jumping picture doing your favorite jump.	Write about "why you love to dance."	 <p style="font-size: small;">JOFFREY BALLET CHICAGO COMMUNITY ENGAGEMENT EXCITE EXPLORE ENRICH</p>	Go outside and dance.	Practice your skips by skipping around the house.
Practice your marches by marching around the house.	Create your own dance and teach it to someone in your house.	Take a picture in your favorite dance pose.	Watch a Nutcracker video on YouTube.	Pick your favorite song and make a dance to it.
Watch your favorite dance movie.	Practice skipping backwards.	Research the history of the Joffrey Ballet.	Stretch for 15 minutes.	Have a dance party.

Design your own ballet shoes!

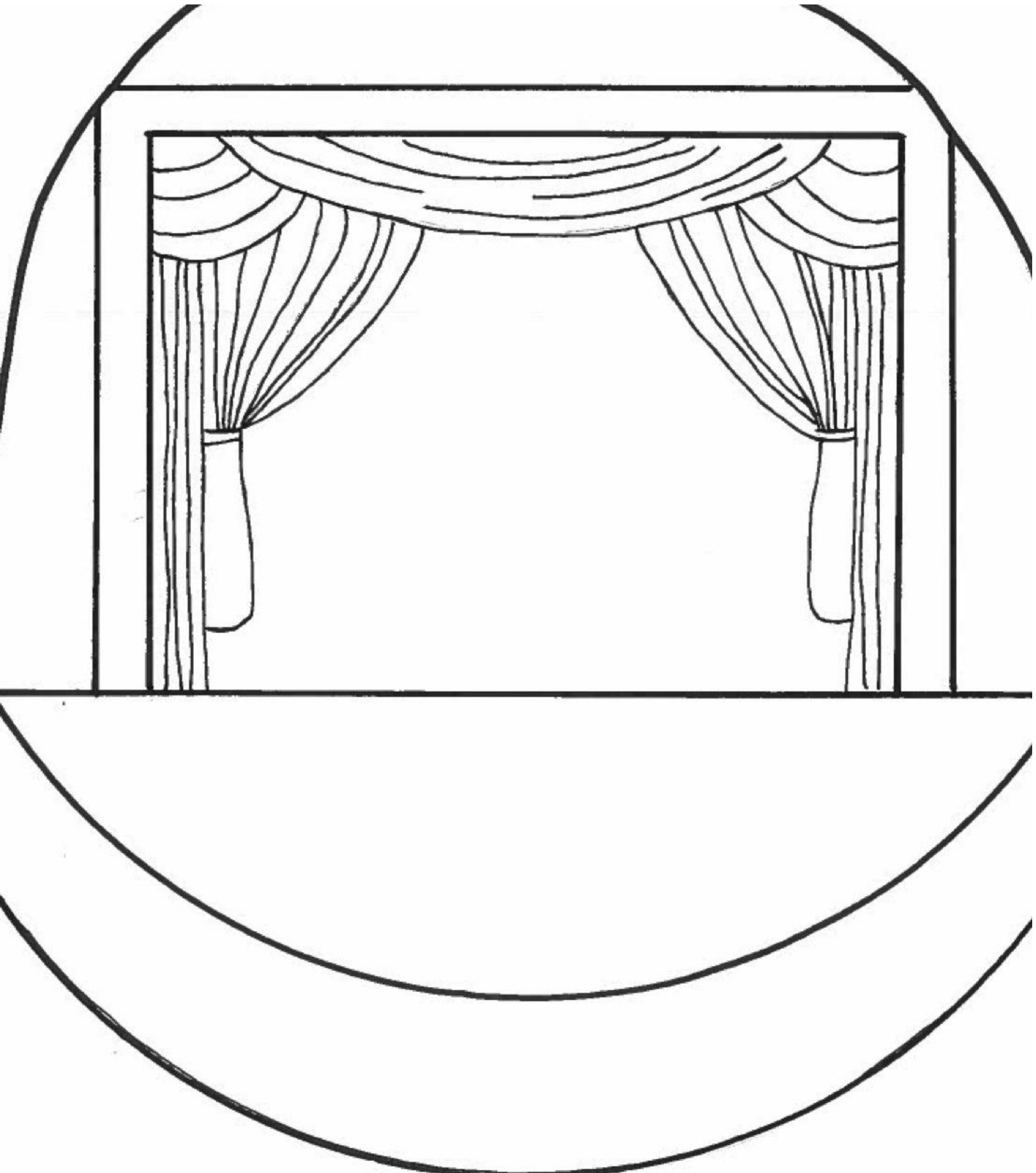


Design a new dance outfit for the dancers!



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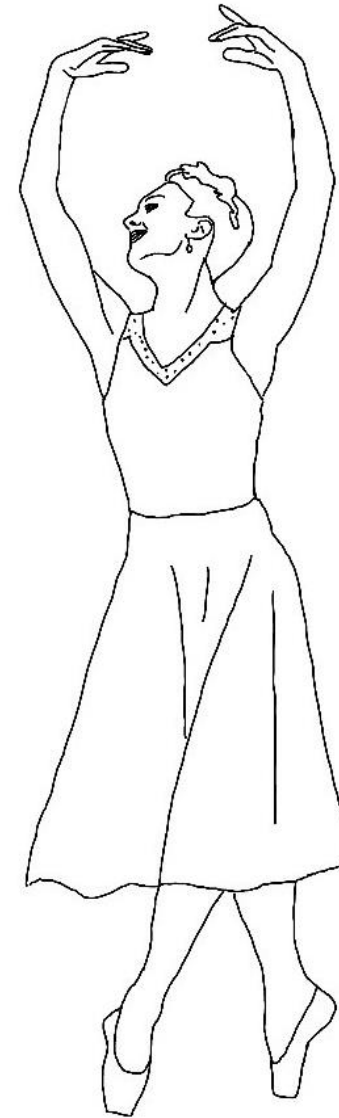
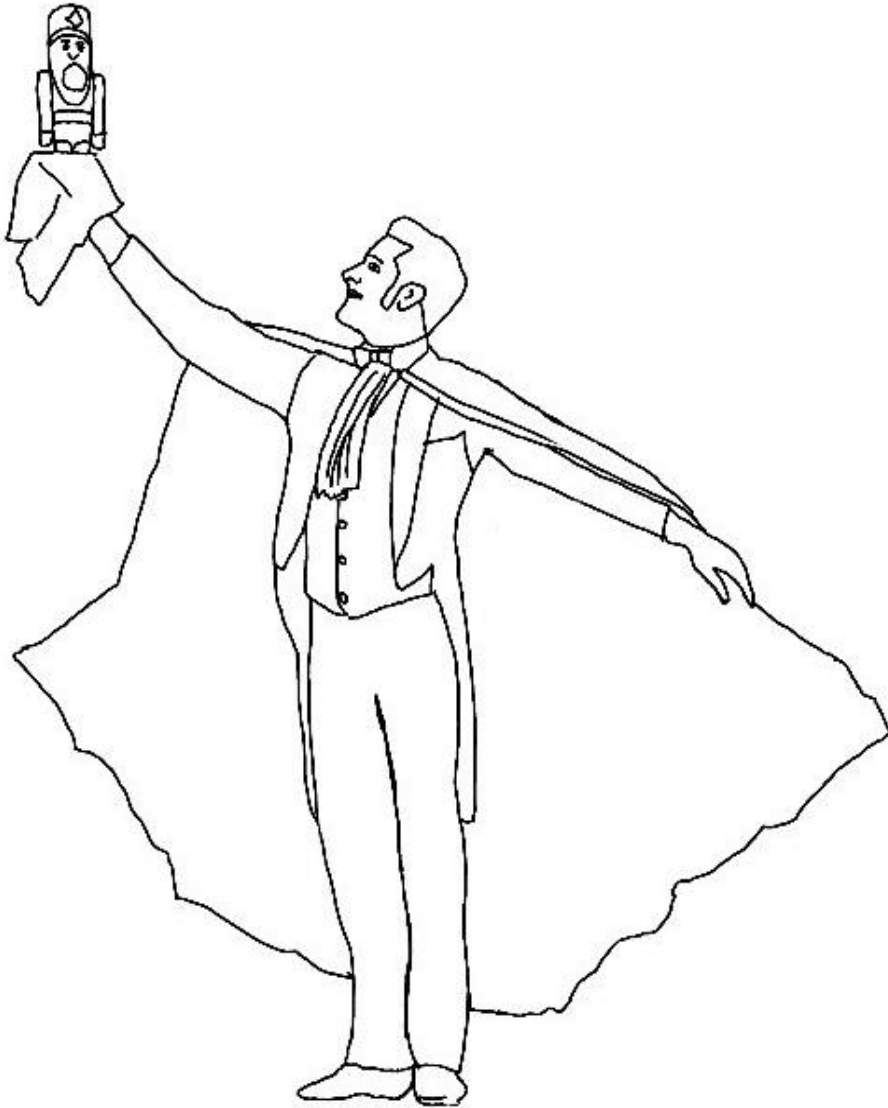
Draw a dancer performing on the stage!



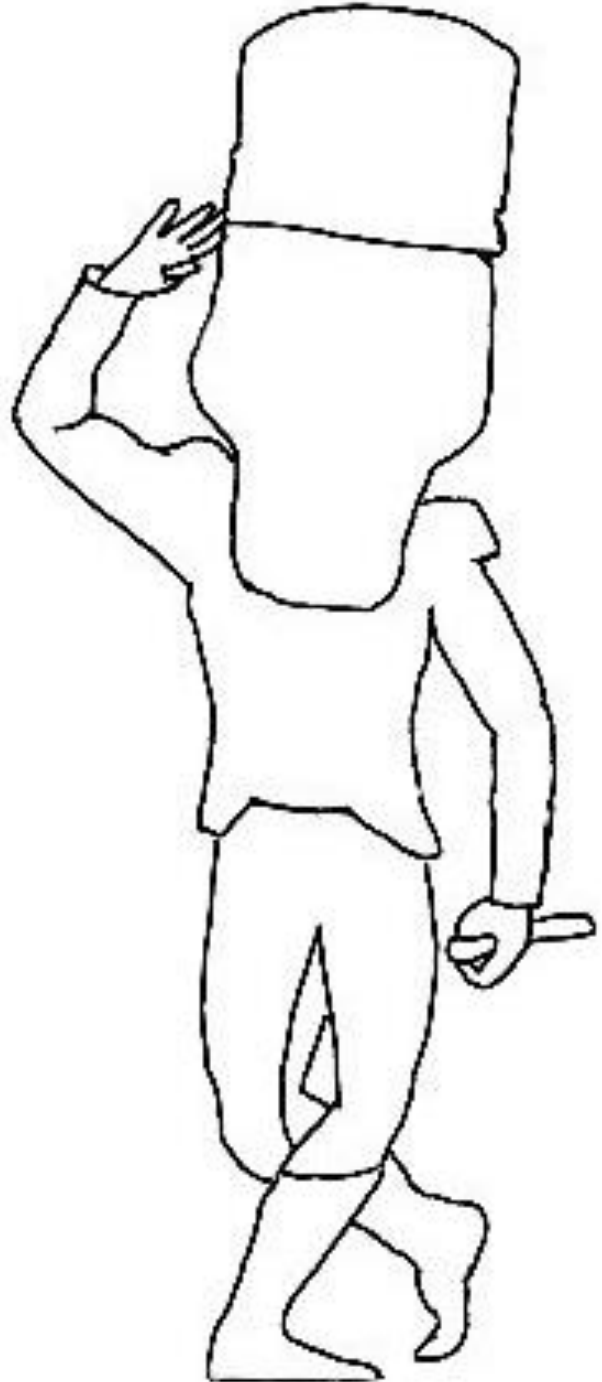
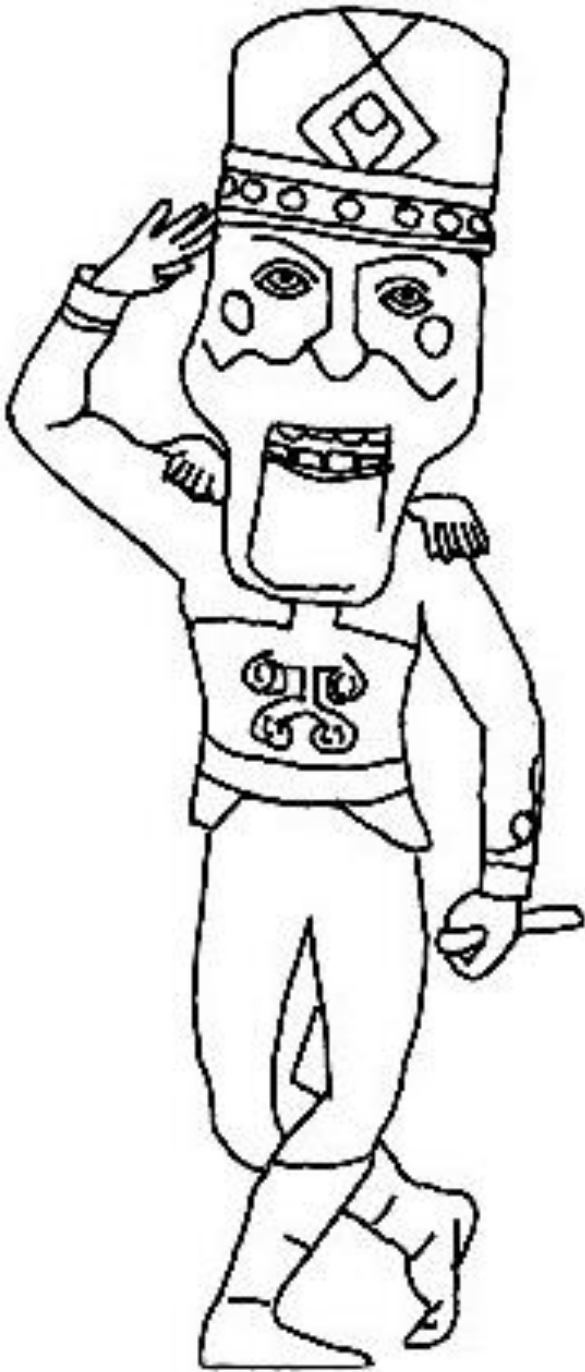
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**Color in the Great Empasrio and the Golden Statue from the
Joffrey Ballet's Nutcracker!**



Color in the Nutcracker then decorate your own!



Dance Word Search

*Can you find all the words? Remember to search up, down, forward,
backward, and on the diagonal!*

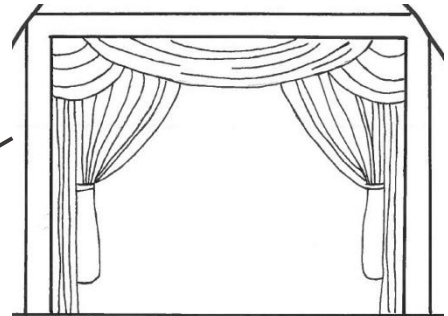
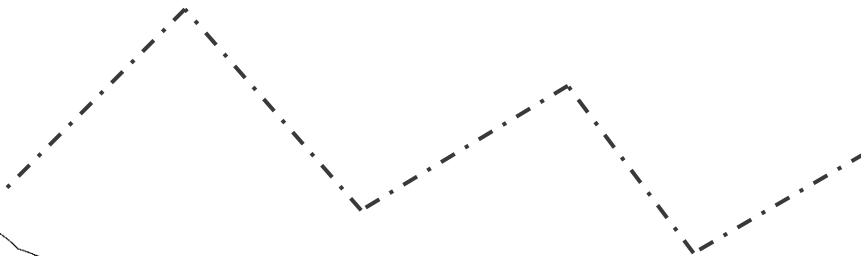
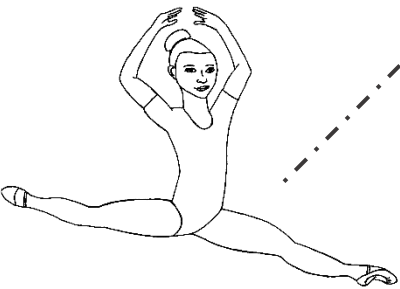
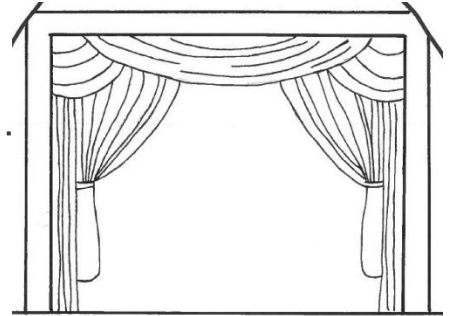
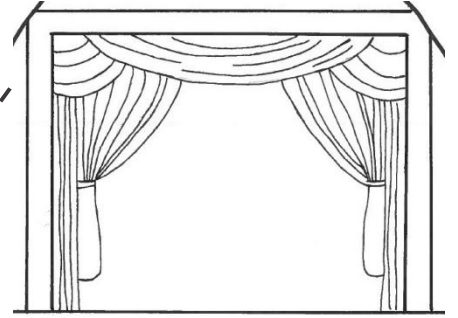
<i>Leap</i>	<i>Joffrey</i>	<i>Passé</i>	<i>Kick</i>	<i>Stage</i>	<i>Music</i>	<i>Ballet</i>
<i>Hip Hop</i>	<i>Latin</i>	<i>Jazz</i>	<i>Plié</i>	<i>Dance</i>	<i>Costume</i>	<i>Plié</i>

There are 2 bonus words not listed! Can you find them?

H	I	P	H	O	P	A	U	B	K	P	K
B	U	R	X	H	M	O	M	U	S	I	C
Q	N	R	U	T	P	D	L	V	M	R	Z
P	C	T	J	O	F	F	R	E	Y	L	E
L	E	V	T	H	W	C	S	B	M	W	J
I	K	L	A	T	I	N	K	W	F	X	A
E	F	M	K	O	W	R	R	B	G	S	Z
S	Z	C	D	Q	D	A	N	C	E	A	Z
B	W	L	P	U	T	F	A	T	Y	J	L
L	B	R	J	I	N	C	R	I	O	N	O
P	A	L	D	E	G	A	T	S	V	U	P
I	L	J	B	D	A	R	B	C	J	M	W
E	L	X	Q	J	H	I	N	V	U	G	C
L	E	P	K	I	C	K	H	J	V	S	F
C	T	Z	B	X	R	P	L	J	V	E	R
A	V	B	I	M	E	O	N	K	M	H	F
P	E	R	F	O	R	M	X	U	C	V	P
F	I	N	C	G	B	H	T	H	K	N	A
P	E	A	L	A	V	S	D	K	W	J	S
T	M	B	O	E	O	J	B	D	C	W	S
A	N	K	T	C	R	K	N	V	O	C	E

Help the dancer get to the stage!

Trace the line.



Dance Games

Freeze Dance-

How to play: Once the music starts everyone dances to the music. The rule is to freeze when the music stops. Everyone must remain frozen until the music starts again.

- Designate one person to be the DJ. They can pause the music whenever they would like. When the music is paused everyone dancing must freeze!

Emoji Dance-

How to play: The rule is to dance to an emoji expression or theme. Create a few flashcards with different emoji expressions like angry, sad, happy, etc.

- Have someone raise a flash card and then the dancer will need to dance to the theme of that emoji.
- Pick music or songs that match the mood of the emoji.

Dance Party Musical Chairs-

How to play: Grab a few chairs and set them up in a circle in the middle of the room. Turn the music on and dance around, when the music stops instead of running to the chair, everyone must dance to a chair.

- Make sure there is one less chair than people.
- The person who does not have a chair when the music stops is out.
- Remove a chair each round.

Dance Games

The Paintbrush Dance-

How to play: Imagine that a certain body part has a paintbrush on it and paint the area you are in with that body part.

- Write down different body parts on a piece of paper.
- Take turns choosing a piece of paper and painting with that body part.

Mirror Dance -

How to play: In this game, players will take turns being the leader. Dancers must follow the leader's dance moves exactly - so they look like a mirror.

- Dancers follow the leader's move exactly - same arm, leg, and body motions.
- The leader can say "free for all!" During "free for all" each dancer does their own dance. The leader can also choose another person to be the leader.
- At the end of the song another dancer gets to be the leader.

Book Balancing Dance -

How to play: Balance a book on your head while you dance to different music. The last player with a book on their head wins!

- Put a book on your head before the music starts.
- As soon as you hear music start dancing and keep dancing.
- If the book falls and you catch it, you can put it back on your head but if it falls on the ground, you are out.

Follow Along Songs

Click on the link below to follow along with the song!

- [Animal Freeze Dance](#)
- [Wake Up Your Muscles](#)
- [Shake My Sillies](#)
- [Stand Up Sit Down](#)
- [Jumping Jack](#)
- [Move the Circle](#)
- [Head, Shoulders, Knees and Toes](#)
- [Clap Your Hands](#)
- [Jump Up](#)

Dance Movies & Shows

Shows to Watch Online with A Subscription-

Netflix:

- The Nutcracker and the Four Realms
- Dance Academy: The Comeback (PG)
- Driven to Dance
- You Can Tutu
- Leap
- Homecoming: A Film by Beyoncé
- Shrek the Musical

Hulu:

- Ballet 422

Free Dance Shows to Watch Online –

With a Library Card:

First go to -> <https://www.hoopladigital.com/> After you reach the website, enter in your library card information. Then you can search for these dance movies and more!

- Dance Academy: The Comeback
- Dance Off
- The Joffrey Ballet: Mavericks of American Dance
- Mao's Last Dancer
- Mad Hot Ballroom
- Jig
- Dance Star
- 5,6,7,8

Dance Movies & Shows

Streaming Websites:

A new opera each day: <https://www.metopera.org/>

Alvin Ailey Performances:

<https://www.alvinailey.org/performances-tickets/ailey-all-access>

Bret Easterling's BRECHT: <https://www.facebook.com/watch/?v=515409092724641>

Carolina Ballet in Mariana Oliveira's Blue Jay Eyes: <https://vimeo.com/397702046>

Dance Theatre of Harlem's Creole Gisele:

<https://www.youtube.com/watch?v=3kBXDhmUkr8>

Dancing on the Shoulders of Giants: <https://www.pbs.org/video/dancing-on-the-shoulders-of-giants-zhvy4w/>

Designers of Dance:

<https://www.pbs.org/video/designers-of-the-dance-yo1uci/>

MN Dance Company:

<https://youtu.be/5N7vfe0ccsc>

Moments of Grace: Wendy Whelan: <https://www.pbs.org/video/kentucky-muse-moments-grace-wendy-whelan/>

Paris Opera Ballet:

<https://www.operadeparis.fr/actualites/spectacles-de-lopera-de-paris-a-redecouvrir-en-ligne>

Polish National Ballet rehearsing Le Corsaire: <https://youtu.be/WULUqDfkN9E>

Sarasota Ballet: <https://vimeo.com/368351704>

Sound of Music: <https://www.pbs.org/video/sound-of-music-8cpu5j/>

State Street Ballet's Sleeping Beauty:

<https://www.facebook.com/watch/?v=2781002501969087>

The Dancer's Life:

<https://www.pbs.org/video/backstage-dancers-life/>

Dance Movies & Shows

Free Trials-

<https://www.marquee.tv/>

<https://allarts.org/about/>

<https://www.broadwayhd.com/>

Great Sources for Surfing-

<https://www.pbs.org>

<https://newyorklivearts.org/>

<https://www.hoopladigital.com/>

Dance Books

- Giraffes Can't Dance by Giles Andreae
- Dancing in the Wings by Debbie Allen
- Tallulah's Nutcracker by Marilyn Singer
- I Got the Rhythm by Connie Schofield-Morrison
- Max by Rachel Isadora
- Drumbeat in Our Feet by Patricia A. Keeler and Julio T. Leitao
- Feel the Beat: Dance Poems that Zing from Salsa to Swing by Marilyn Singer and Kristi Valiant
- A Girl Named Misty: The True Story of Misty Copeland (American Girl: A Girl Named) by Kelly Starling Lyons and Melissa Manwill
- Ballerina Dreams: From Orphan to Dancer by Michaela DePrince
- Ballet Boy by Anfaney Gladwin