

Lesson Plan: Brown Girls Do Ballet

Grade Level: Pre-K – 2nd Grade (Ages 4-8)

Time Duration: 45–60 minutes

Subject Areas: Literacy, Movement, Social-Emotional Learning, and Creative Expression

Objectives:

- Introduce students to ballet vocabulary and movement.
 - Encourage self-expression and confidence through dance.
 - Celebrate diversity and representation in the arts.
 - Engage in storytelling through words and movement.
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Lesson Breakdown

1. Introduction (10 min)

- **Read Aloud:** Read *Brown Girls Do Ballet* aloud to the class. Use expressive voice and pause to ask questions:
 - *How do you think the girl in the story feels when she dances?*
 - *What do you notice about her movements?*
 - *Have you ever danced or performed in front of others? How did it feel?*
 - **Discussion:** Talk about how ballet is for everyone and the importance of seeing different people on stage.
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2. Movement Exploration (15 min)

- Introduce basic ballet terms and movements:
 - **Plié** (Bend the knees)
 - **Tendu** (Point one foot out)
 - **Sauté** (Jump)
 - **Pirouette** (Spin in place)
 - **Game: “Ballet Charades”**
 - Show pictures of ballet positions or demonstrate movements.
 - Students try to guess or copy the movements.
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3. Express Yourself! (15 min)

- **Music & Movement Activity:**
 - Play classical or instrumental music.

- Encourage students to move like the girl in the book—gliding, leaping, and twirling.
 - Ask: *How does your movement tell a story?*
 - **Mirror Dance Activity:**
 - Pair students up.
 - One child leads with slow ballet movements while the other mirrors.
 - Switch roles.
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4. Art & Reflection (15 min)

- **Draw Your Ballerina:**
 - Provide paper and crayons/markers.
 - Ask students to draw themselves as a ballerina on stage.
 - Prompt: *What does your costume look like? How do you feel while dancing?*
 - **Reflection Questions:** (Can be oral or written, depending on age)
 - *What did you enjoy most about dancing today?*
 - *How do you feel when you dance?*
 - *Why is it important to see different people in ballet?*
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Wrap-Up & Take-Home Activity

- **Affirmations:** Have students repeat, “I am strong. I am graceful. I am made for the stage.”