

LEAP INTO A
magical
ADVENTURE!



Activities
for Every
Little Dancer



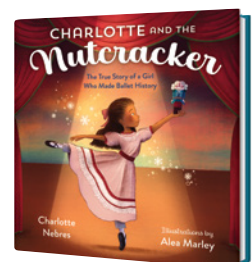


Dear Ballet Fan,

Charlotte Nebres loves ballet and Christmas, and she got to live her dream when she played Marie in *The Nutcracker*! It took many hours for Charlotte to practice adjusting her arms and perfect her jumps. However, with the support of her family, Charlotte found the strength to never give up!

This season, share the perfect story about dance, family, and holiday cheer with your little one the night before Christmas! In this packet, you'll find activities that'll help your little dancer get ready for ballet class! Leap into the magic of ballet and dance with Charlotte and Random House Children's Books.

Your friends,
Random House Children's Books



**Available This
Holiday Season!**



Ballet Warm-Ups

Charlotte knows that warming up is important for every dancer. Get your little dancer ready for class with these stretches!

Stretch 1:

Reach down and touch your toes for twenty seconds. This helps stretch your leg muscles so they don't hurt when you dance!

Stretch 2:

Reach up high to the sky for fifteen seconds. This helps stretch your shoulders and back so you can twirl with ease!

Stretch 3:

Sit on the floor, bring the soles of your feet together, and pull them toward yourself by bending your knees for thirty seconds. This helps improve your flexibility!

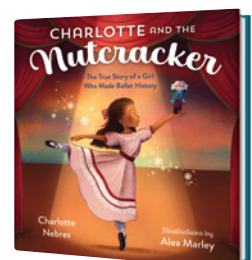
Stretch 4:

Stand up and lift your foot behind you. Grab your foot and hold for fifteen seconds, balancing on your other foot. Repeat with the other foot. This stretch makes super sure your legs are ready to dance!

Stretch 5:

Stand up nice and tall and lift your arms above your head. Bend at your waist and tilt from side to side for thirty seconds. This gives your whole body a good stretch!

**Now your little dancer
is ready for class!**



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Leap into New Moves!

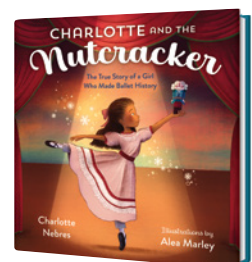
Practice your dance moves with Charlotte!

In a group of two or more, have one person be the leader while the others will be followers. The leader will give a dance move instruction with the phrase “I Can Dance” before the instruction. The leader will then move into the position for the followers to copy. If the leader does not say the phrase “I Can Dance” before the dance move, then the followers should not copy the dance move, similar to Simon Says. Every time a follower copies a dance move without the “I Can Dance” indicator, they are out. The last follower left wins!

Use these dance moves for your game!
Leader, remember to switch up when you say “I Can Dance” to trick followers into copying you!

I Can Dance . . .

- a pirouette!
- a plié!
- a breakdance!
- the Moonwalk!
- the robot!
- the Macarena!
- the Twist!
- a square dance!
- a tap dance!
- the tango!

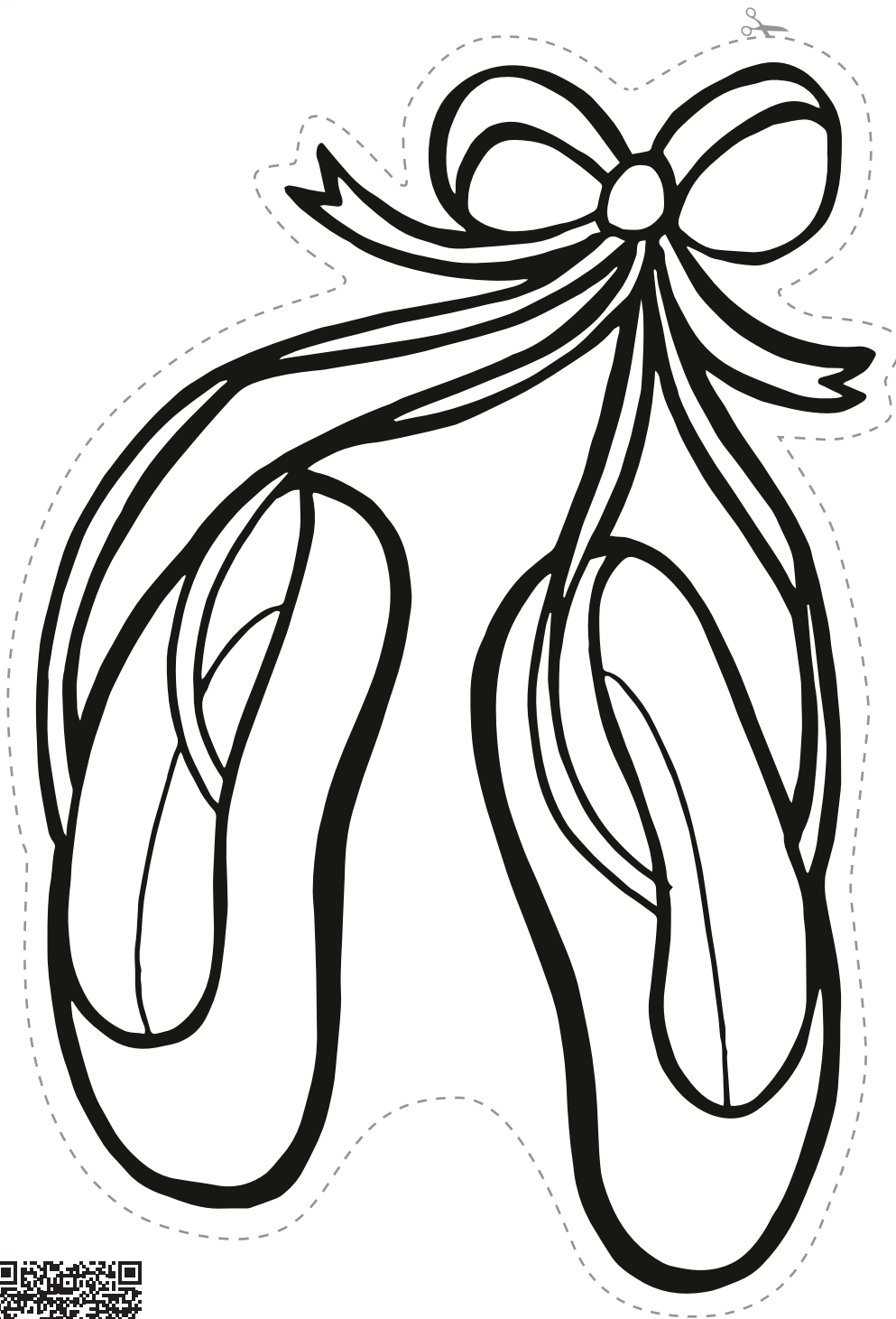


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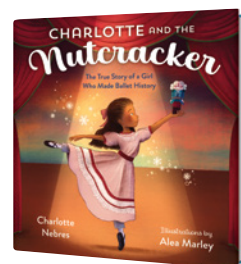


The Perfect Ballet Shoes

Dance to the top like Charlotte with your own unique ballet shoes!



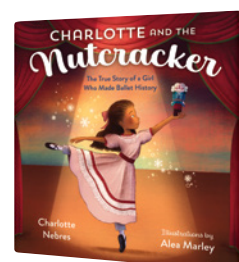
Ballet shoes are important to every ballet dancer. Decorate the shoes below to create shoes that are perfect for you! You can cut the shoes out and bring them with you to your ballet class.



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Spot the Differences

Circle the differences that you see between the two pictures.



Art © 2021 by Alea Marley

Available This
Holiday Season!



KEY

Differences: bow in hair, bow on dress, pattern on dress, Christmas decorations, Christmas presents, shoe color, socks, bag on floor



Let's Dance Together

Join the dancing fun!

Have you ever wanted to dance on the big stage like Charlotte?
Now is your chance! Draw yourself into the scene below and
show off your awesome dance moves for all to see!



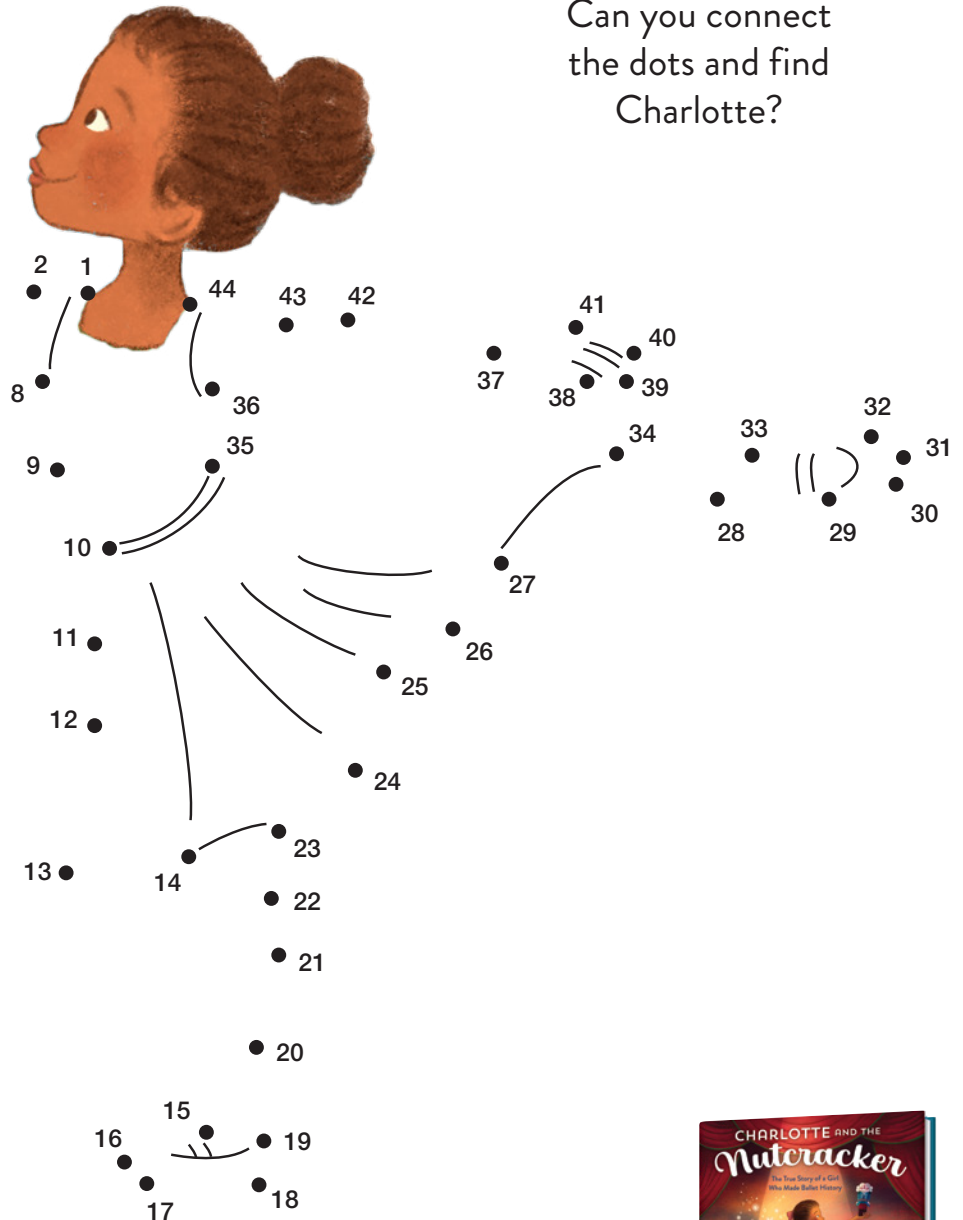
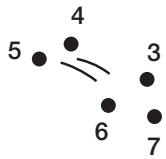
Available This
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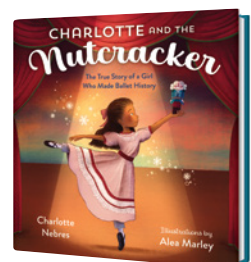
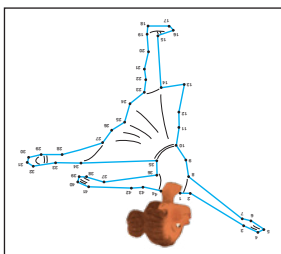
Connect the Dots

Find Charlotte!

Can you connect the dots and find Charlotte?



KEY



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Ballet Class Checklist

Make sure your little dancer is ready for class!

Charlotte always comes prepared to ballet class. As your little dancer heads to class, make sure they bring the following items!

Check off the items as they pack for class!



Hairbrush



Ballet shoes



Tights



Towel



Leotard



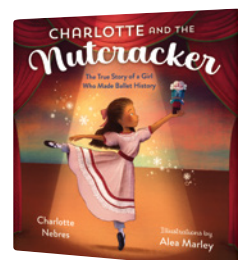
Snack



Dance bag

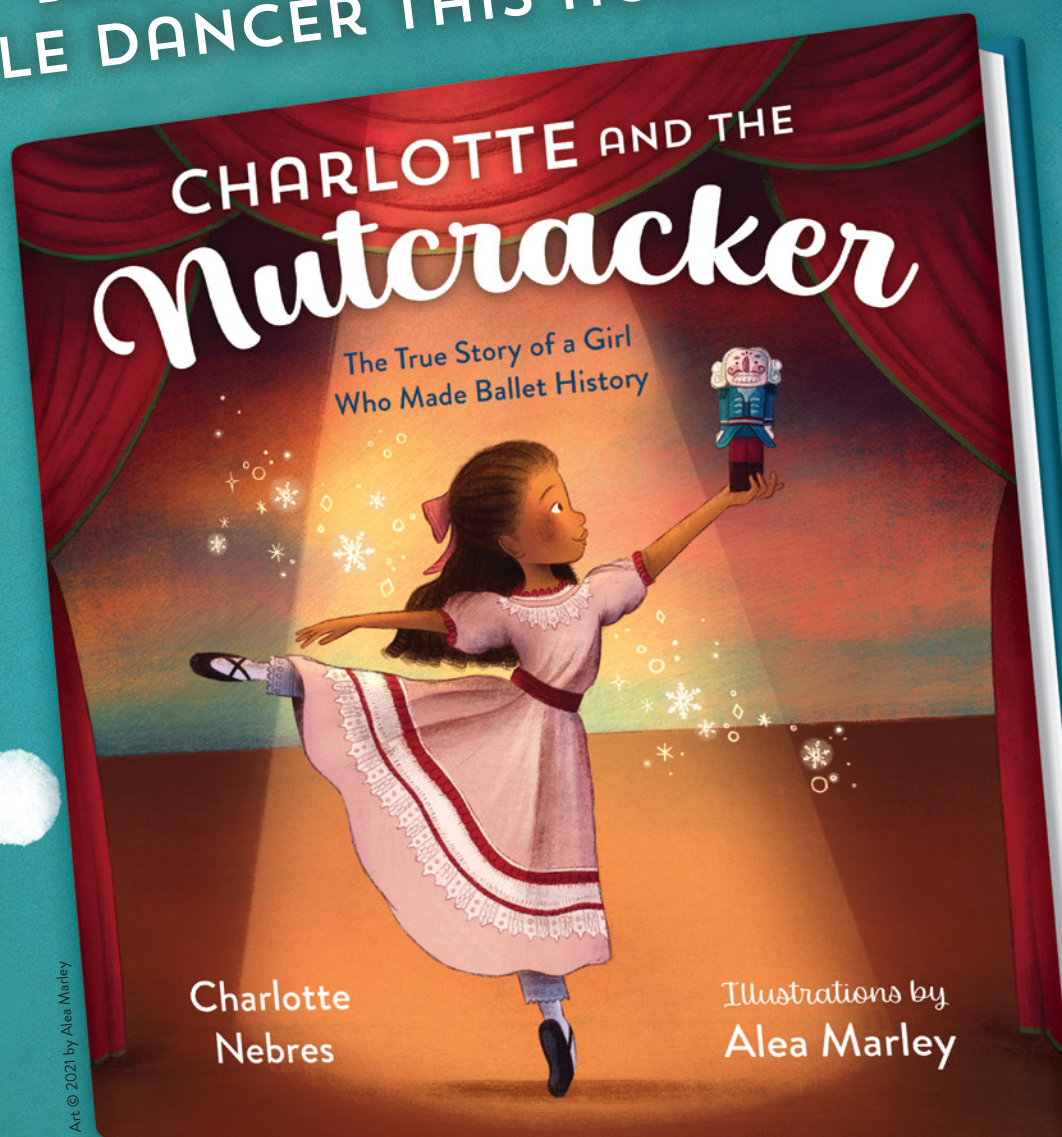


Water bottle



**Available This
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SHARE THE
True Story
OF A GIRL WHO MADE
BALLET HISTORY WITH YOUR
LITTLE DANCER THIS HOLIDAY SEASON!



Art © 2021 by Alea Marley

Charlotte
Nebres

Illustrations by
Alea Marley

