



## CLASS PLAN FOR *BELLYRINA*

### WELCOME

Tell them you have a special book called *Bellyrina* to share. “In the book the bunny does a lot of different silly moves. What ways do you think the silly bunny might move?” Give kids the option to demonstrate any bunny move.

### WARM-UP

Get students organized as they’re used to (circle, on spots, etc.) by saying, “I hear there might be a sleeping wolf in this story. Let’s walk super quietly so we don’t wake him.” Fake gasp at each child – “There’s the wolf!”

### MOVEMENT

As a character introduction, you might explain how in *Peter and the Wolf* each character is shown with music and here each character can have a designated move.

- Peter the boy
- Milo the cat
- Ren the bird
- Roxy the duck

Who else do you think might be in the story? (Show cover with Bunny and Wolf.)



If time, ask the kids which character they think might be their favorite, then make up a move for their favorite character. Call out a character’s name and let kids shift into that movement. Then call another.

### STORYTIME

Read and enjoy the story aloud. Feel free to break it up over multiple classes.

### ACTIVITY IDEAS WITHIN THE STORY

(Choose 1-2 per class)

- Spin Your Partner Around the Tree – Partner up and take turns circling each other – show off your fancy ways to move forward or sideways around your partner.
- Collective Wolf Sneeze – See if you can all do it together. Or make someone in charge or take turns of when the sneeze happens.



## ACTIVITY IDEAS WITHIN THE STORY (CONTINUED)

- Bunny Dance – Make up a little dance stretch, bounce, twirl, hop, repeat the sequence. This could be participatory with each child adding a movement and doing multiple rounds until everyone has had a turn.
- Animals at the Zoo – What other animals do they see at the zoo? Ask for ideas or use our animal charades at <https://onceuponadance.com/resources>.
- Wolf Snore – The teacher lies down and let's kids each have one turn sneaking up on the wolf. Close your eyes and see if you can hear them coming. For older kids, you could ham this up.
- Tutu Flutter – Use scarves as fluttering tutus. Option: When the music stops, you put your tutu on by wrapping the scarf around your waist and freezing.
- Wiggle Sneeze Waltz – Partner mirroring or any other partner dance.

## OBSTACLE COURSE IDEAS

- Move through a “portal” into the meadow (tunnel, hoops taped together).
- Waddle like Roxy in the lake (blue yoga mat, yarn circle, etc.).
- SPROING! Bunny jumps on a row of poly dots or tape spots.
- Tiptoe Through the Zoo – Use two parallel lines of tape. Students tiptoe between them without touching the lines: “The wolf is sleeping on both sides.”
- Chase the Tutu – A zigzag course of cones.
- Spike's Daisy Spin – Twirl on a spot.



## EXTENSION ACTIVITIES

- Fairy Sparkle Scarves – Kids improvise magical twirls with scarves.
- Daisy Dance – Kids gather in a circle, take turns growing tall like daisies (maybe when you tap them).
- Character Parade – Each child chooses their favorite movement from any character (hop, twirl, crawl, wiggle) to perform for the group to guess who?
- Breath Break – “Breathe in, breathe out, breathe in, breathe out, now, ah ah ah choo.”

## ACTIVITIES FOR OLDER STUDENTS

- Explore the Challenge Moves from the book.
- Have partners choreograph a Wiggle Sneeze Waltz.
- “What would be the first thing you would do if you just got out of a wolf?”



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