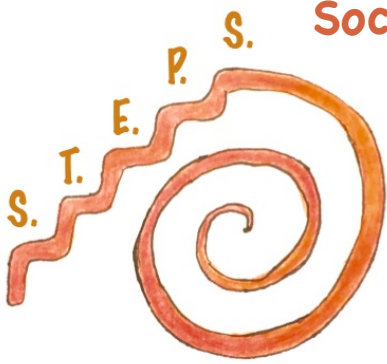


Social ~ Thinking ~ Emotional ~ Physical ~ Self



STEPS is a one stop shop: A place where all the key elements of early childhood learning, growing, and expanding can happen. Parent involvement is key for child's growth, so classes are just as much for adults as they are for children. How do children learn?
Through observation and movement!

STEPS CURRICULUM

- Body Awareness
 - *Body as a whole & Individualized Parts*
- Spatial Awareness
 - *Personal Space, Directions, Prepositions*
- Emotional Awareness
 - *Feelings, Empathy, Self-Confidence*
- Physicality
 - *Locomotor, Non-Locomotor & Developmental Patterning*
- Mindfulness & Self-regulation
weaved into each class

STEPS Class Structure:

- ~ Breath
- ~ Names
- ~ Warm-up Song
- ~ Free Dance/movement
- ~ Book related to Theme
- ~ Theme with 2-4 exercises
- ~ Mindfulness
- ~ Closure
- ~ Reflection

We will:

- ~ Dance
- ~ Move
- ~ Learn
- ~ Sing
- ~ Read
- ~ Yoga
- ~ Play Music
- ~ Talk
- ~ Have FUN!

STEPS OFFERS:

- ~ Individualized Lesson Plans
- ~ Tools & Ideas for at Home
- ~ Reading Materials
- ~ Visuals for Children
- ~ Detailed Benefits of every exercise
- ~ Access to Spotify Playlists
- ~ Resources
- ~ Support

MOVE ~ EXPLORE ~ CREATE