

# 'SPRING' into action!

Isn't spring great? The nights become lighter, the days brighter & the Easter bunny is on its way!

We wanted to take this seasonal change as an opportunity to add some 'spring' into classes.

Our Little Stars classes are unique because parents & carers are in the room with our dancing stars... sharing the journey, the magical moments & memories that you'll cherish forever.

**The first time they feel confident to collect a prop,**

**the sound of their laughter when you cuddle up or tickle them,**

**The first time they 'bend & stretch',**

**sing along loudly,**

**manage to get off the floor in a 'jump'**

**or march proudly around the room.**

These are all key milestones & achievements that we feel blessed to witness in our classes. The fact we get to share dance with tiny humans is a complete joy - & Little Stars is our favourite stage as we get to share these moments with you too!



# Each & every child is different & we LOVE that!

In fact we embrace this difference, we don't want children to be clones or robots in class - we want to encourage & support each individual child on their dance journey with us but we do need YOUR help!

Little Stars classes are participation classes because the children need your help & so do we. We need you to take part, to be involved in the session - to stand up, bend & stretch, to be a sleeping bunny & to march around the room, if needed, to support your child.

In doing this you will also support ALL the children in the class. Your teacher is just one person in the space - outnumbered by children & adults - so the more adults participating in the class, the more engaged the children will be. The whole energy in the room changes when we are all on this journey together - supporting & encouraging each child (& their grown up) to forget the outside world & be present in DANCE.

We want you all to get the most out of your time with StarMovers & we know the more 'spring' you can bring, the more your dancing star will truly SHINE!

