



# Pre-Ballet

Coloring Book

Written by Beverly F. Spell

Artwork by Anita Thomas

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Artwork by Anita Thomas

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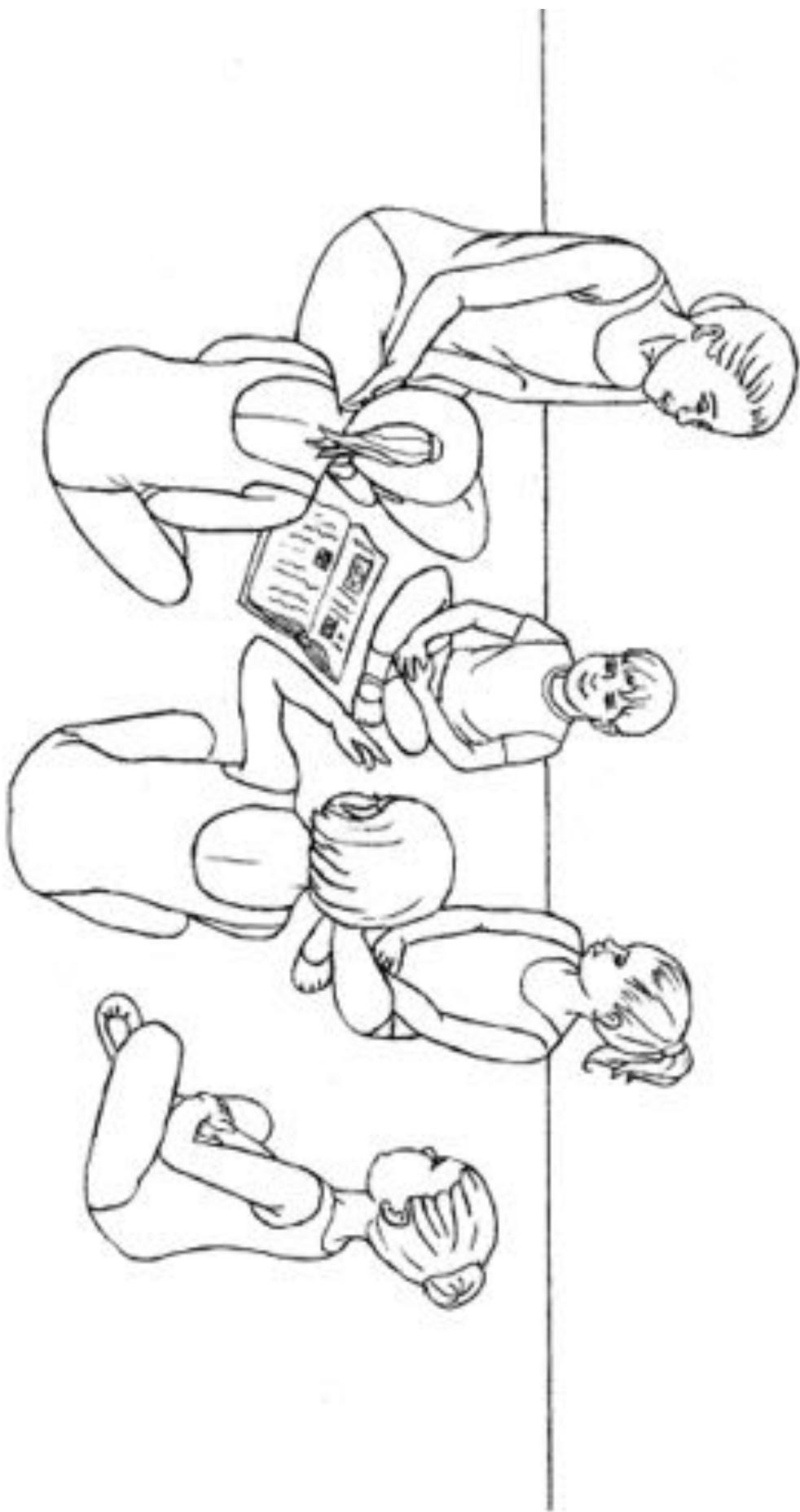
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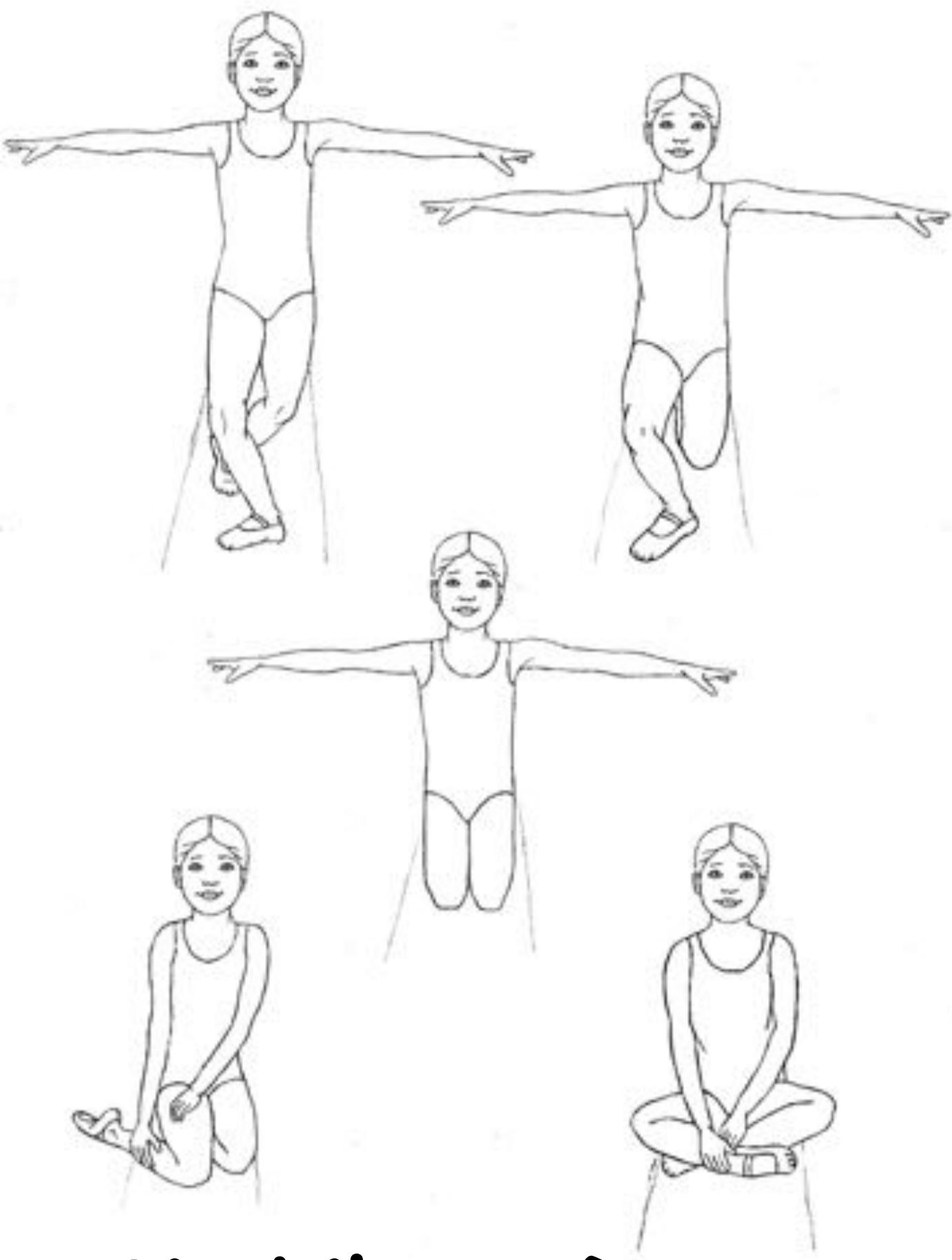
## ***FOREWORD***

***By Annie W. Spell, Ph.D., Psychological Consultant of LEAP 'N LEARN***

The use of coloring pages to reinforce learning for young children is one of the most tried and true methods of teaching. Coloring is an activity that most children greatly enjoy. By providing such an enjoyable activity that corresponds with the lessons of dance education, young students are afforded more opportunities to solidify their new knowledge bases. In essence, the coloring pages provide a prompt for young students to visualize the concepts presented within the studio. Young students' level of body awareness is early in development within the 3-6 age range. A visual image, such as a coloring page, provides an additional teaching tool to increase this developing cognitive skill. Another notable benefit of using coloring pages within your dance education program is the link they provide to the home environment. By sending each student home with a coloring page of a topic or skill presented within the studio, the students' parents are then informed and are better able to reinforce their own child's learning at home.

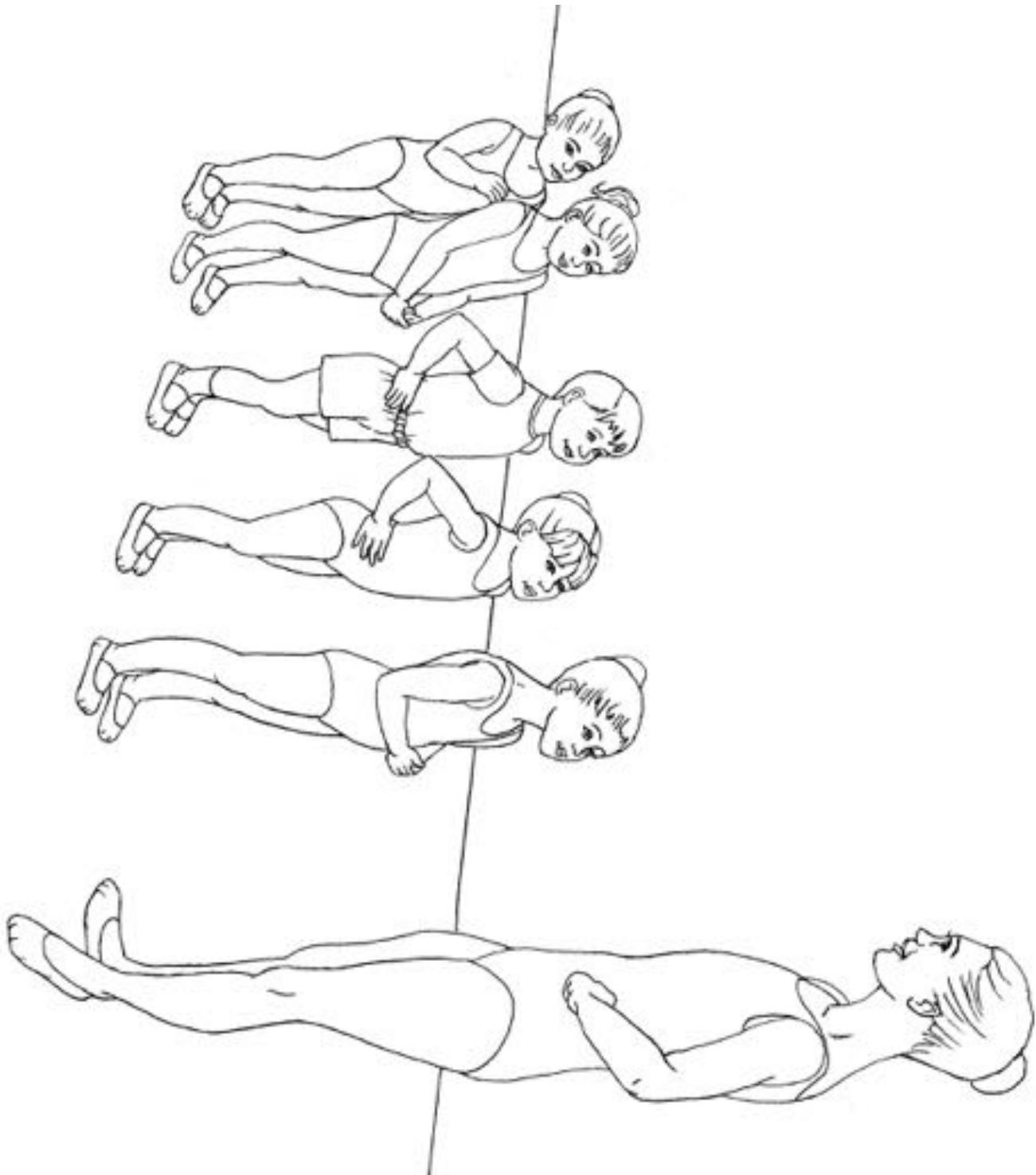
# Share Time





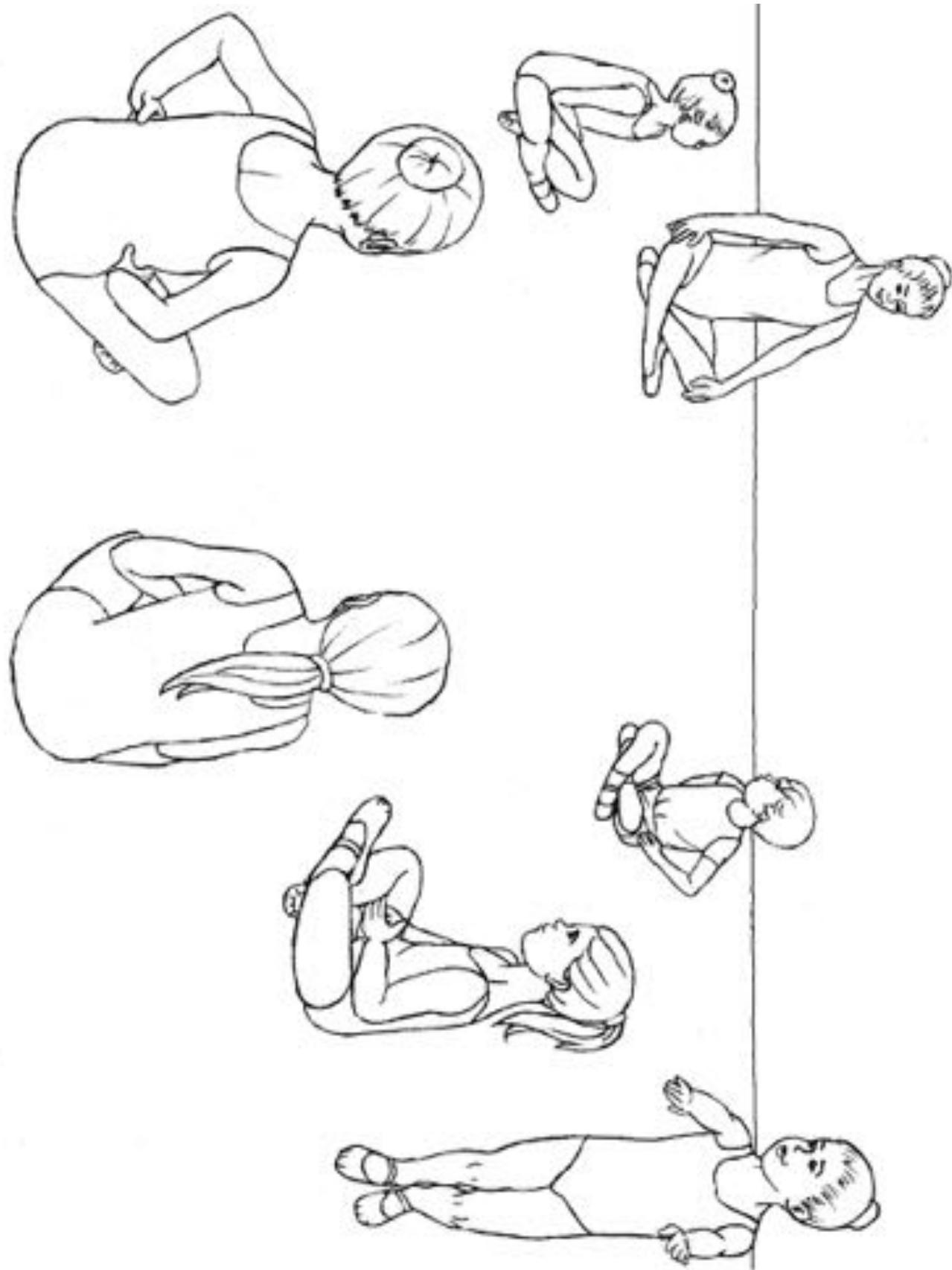
# Sit Like a Dancer

# Listening to Instructions

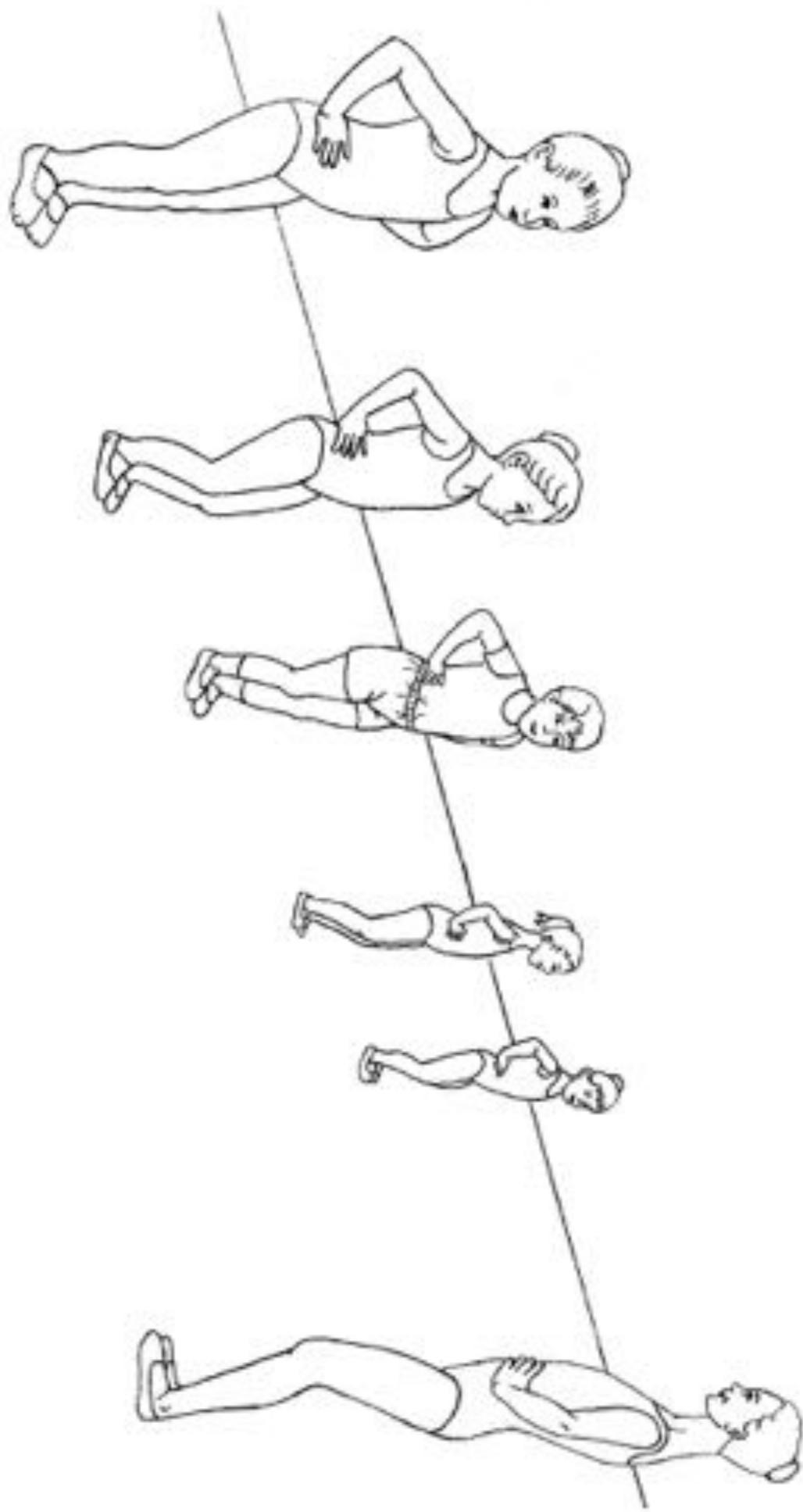


# My Turn Around The Circle

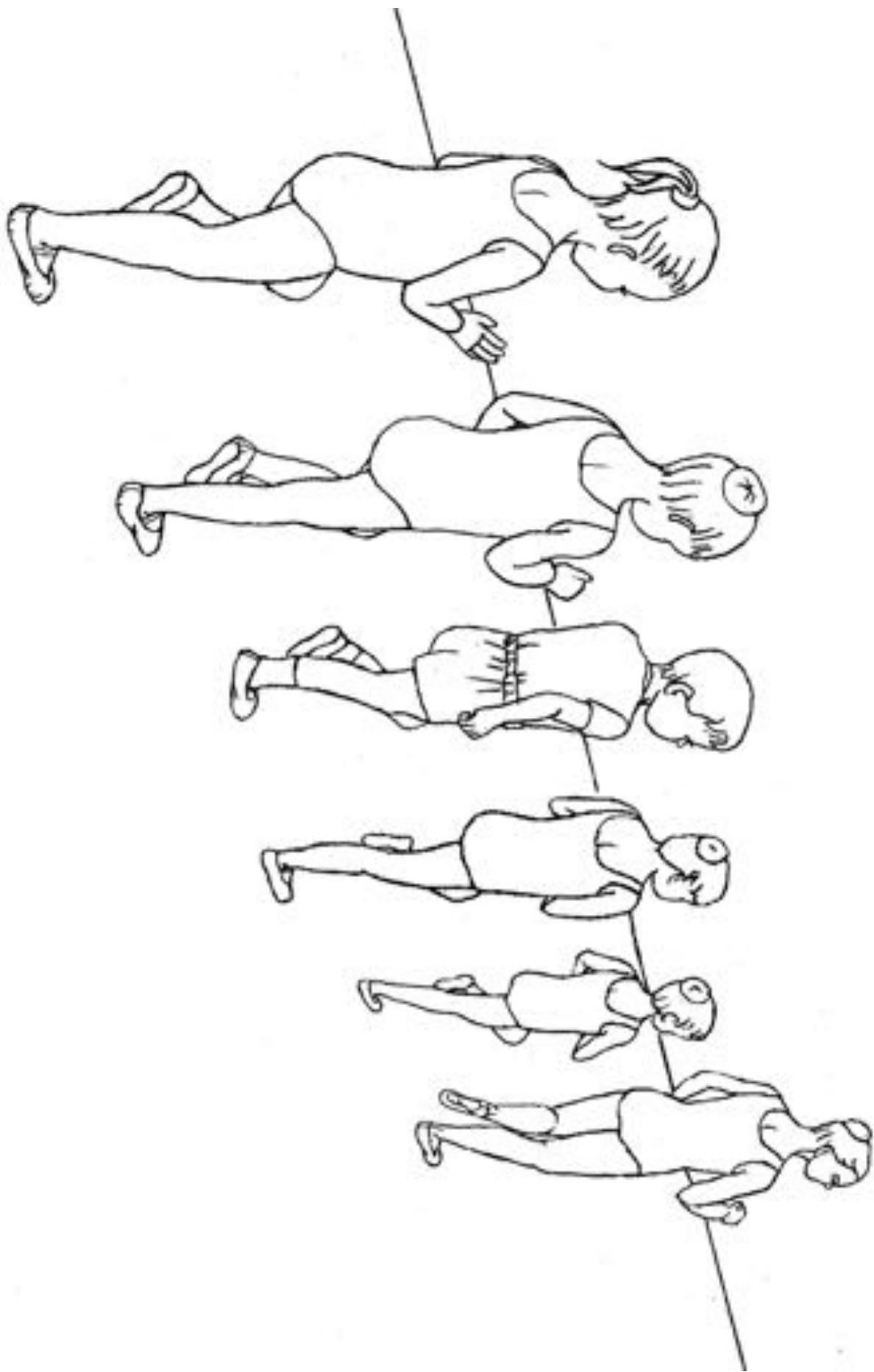
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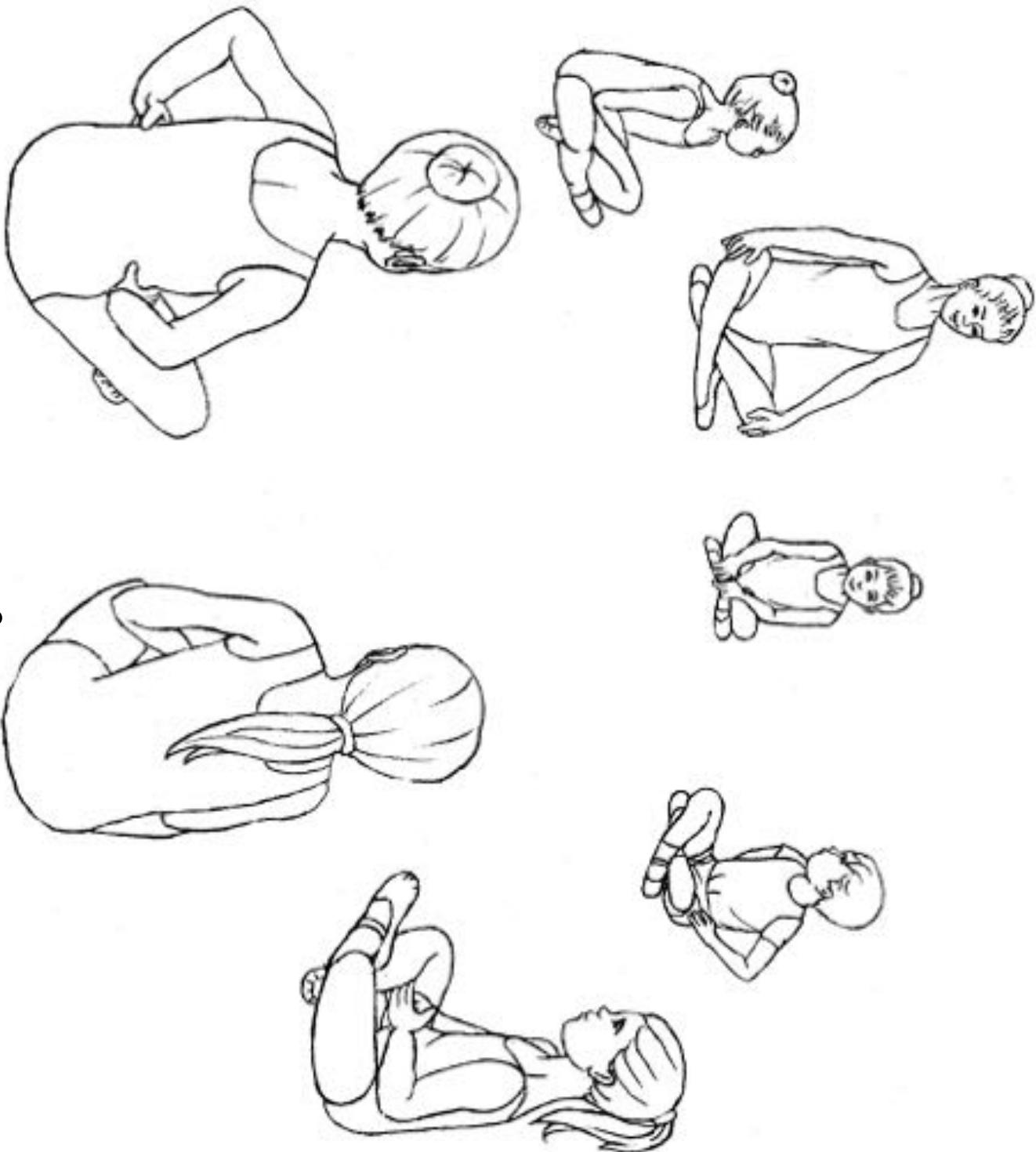
# **Standing In Line**

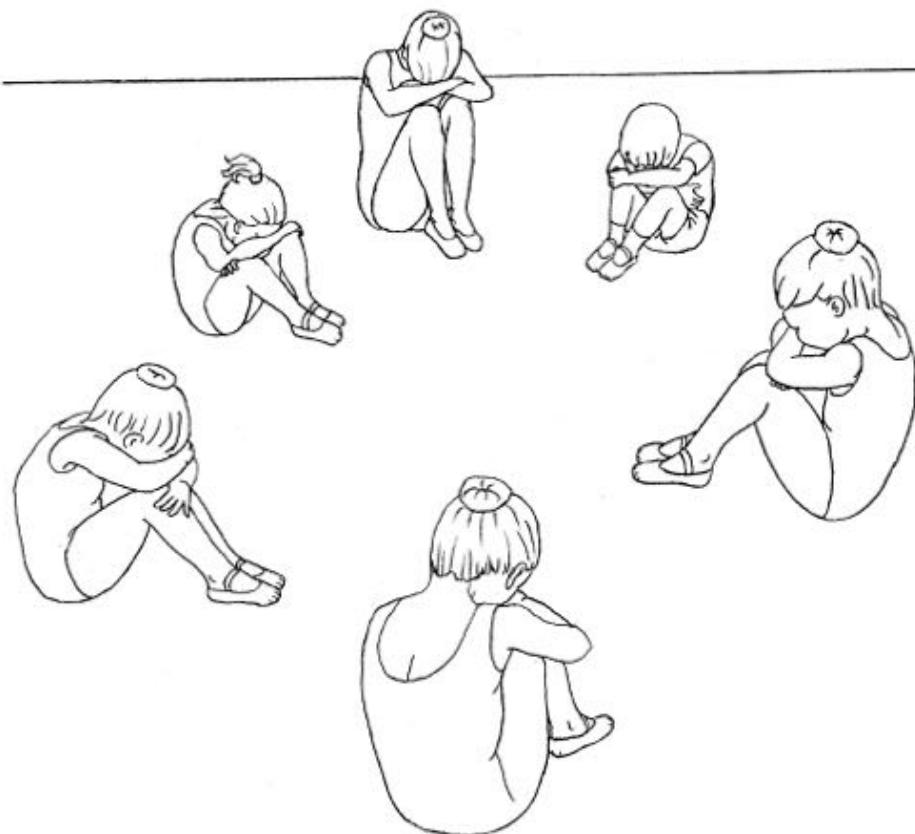


# Following the Leader

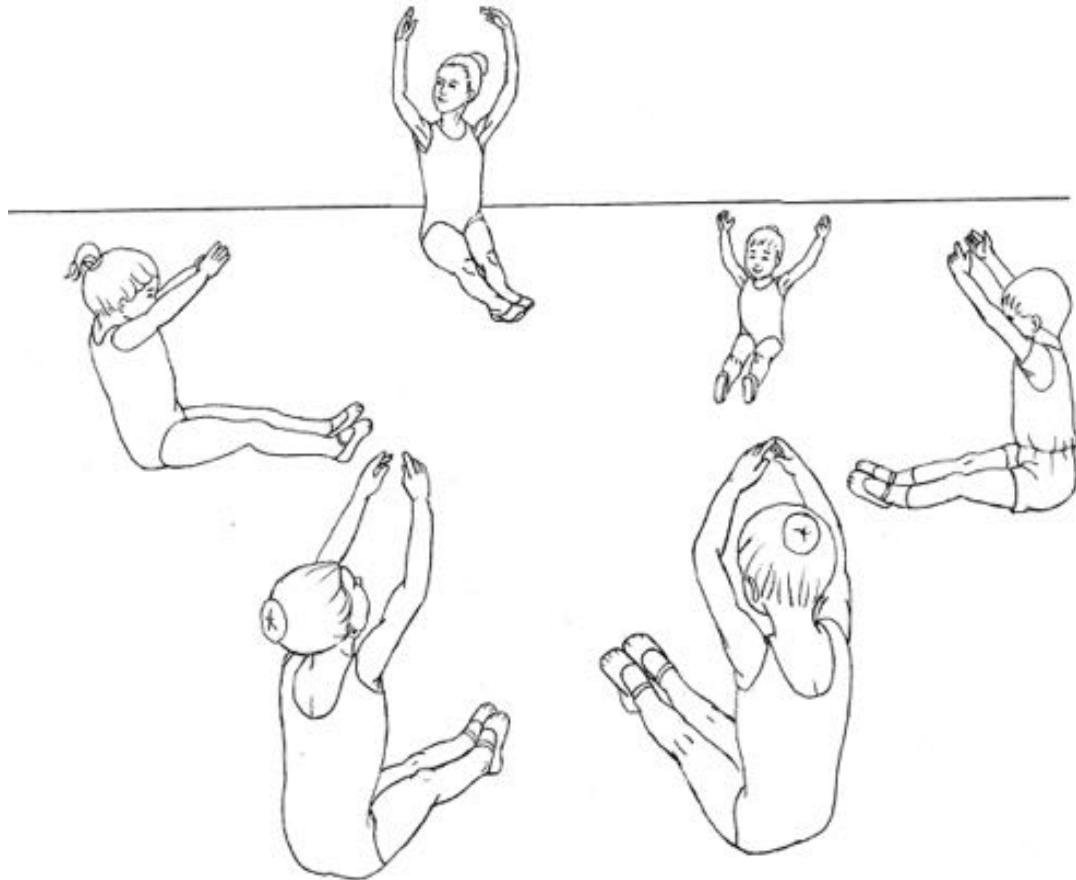


# Circle





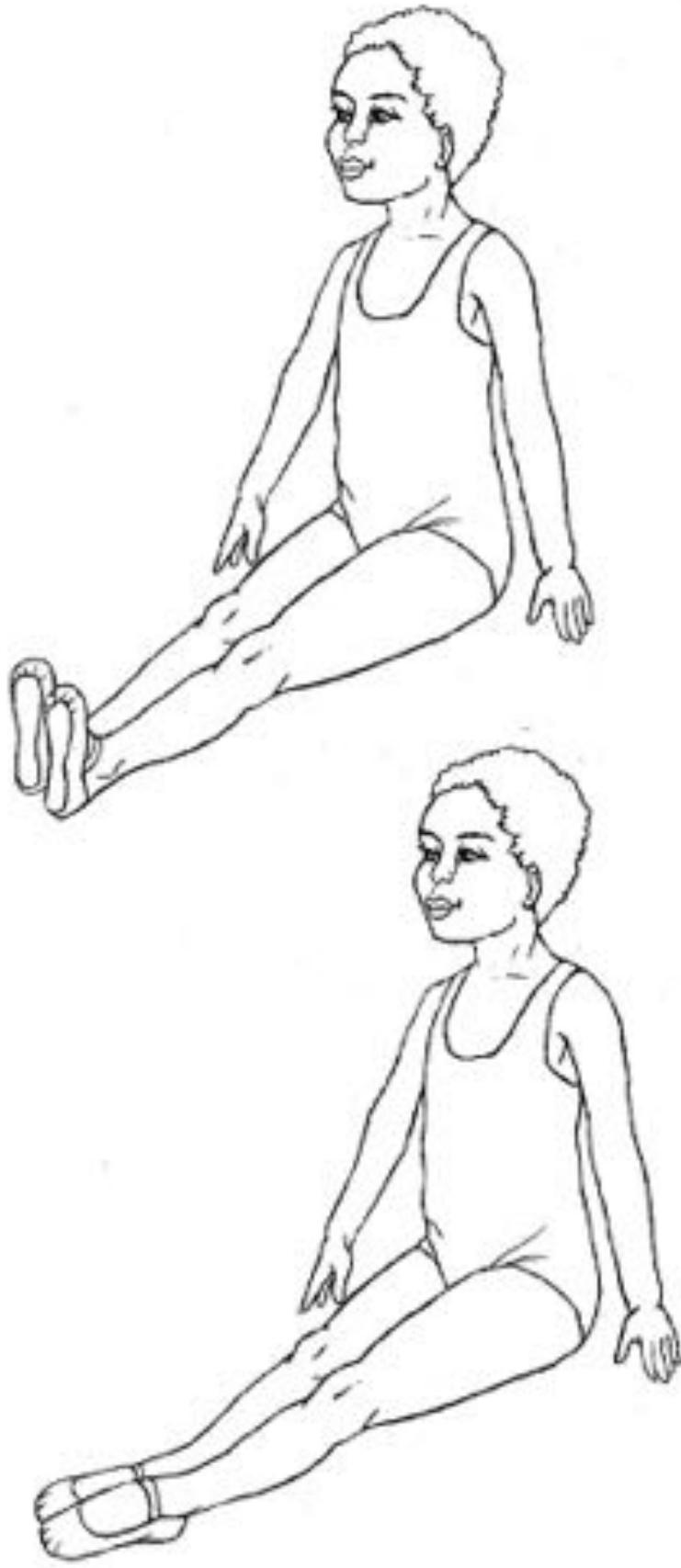
## Snuggle



## Stretch



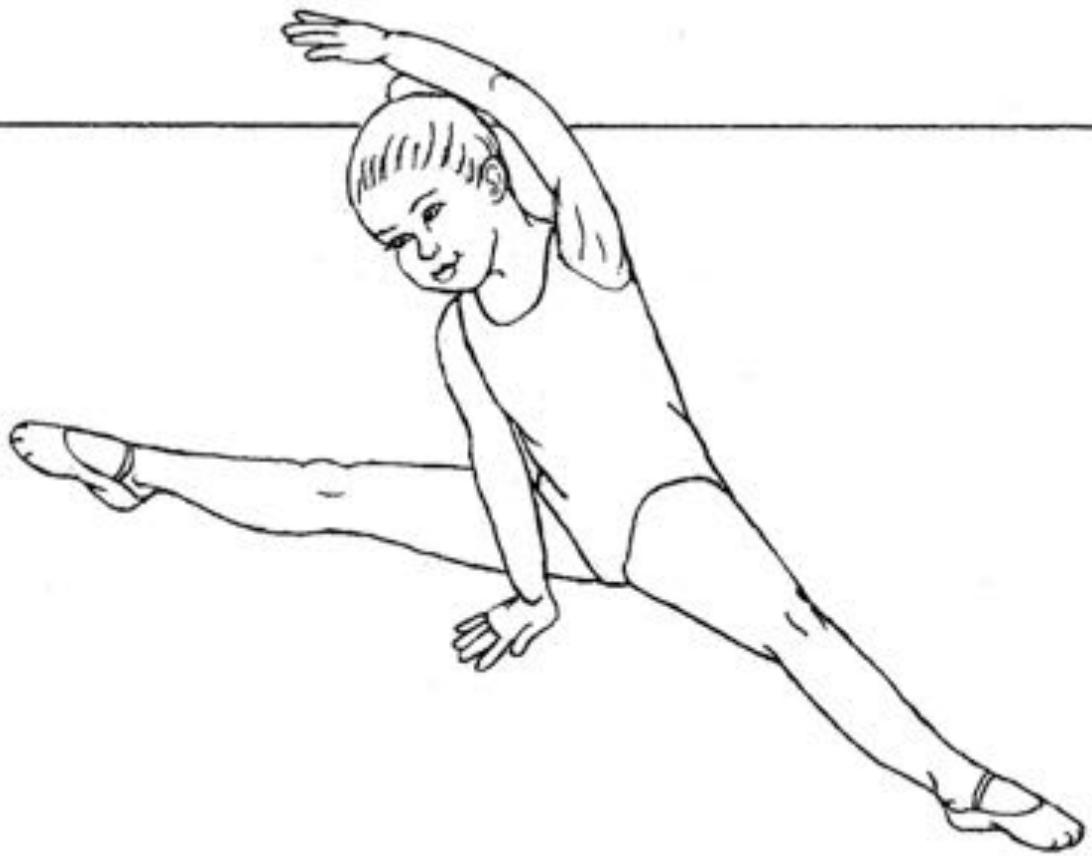
# Snuggle and Stretch



# Flex and Pointe

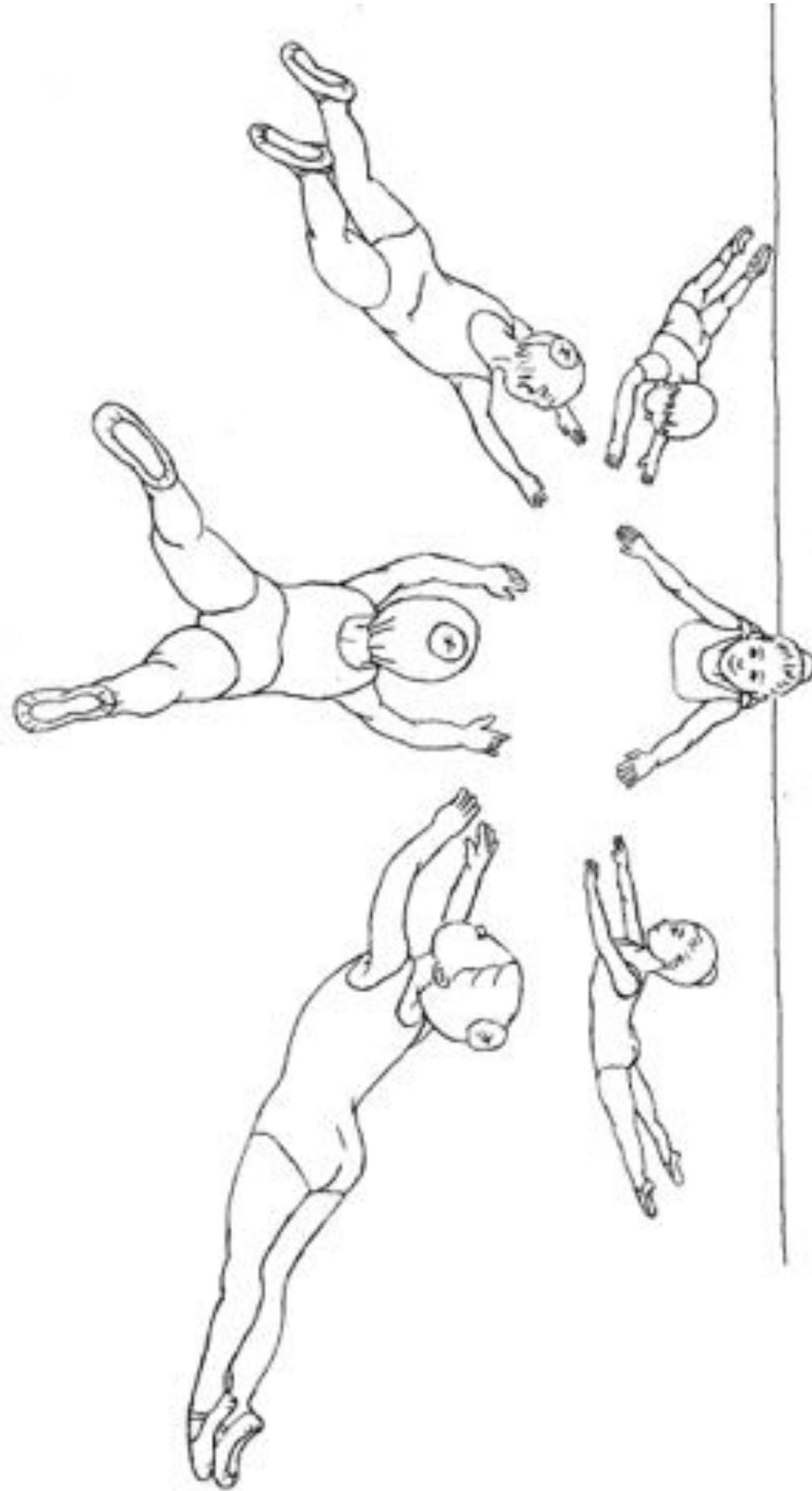


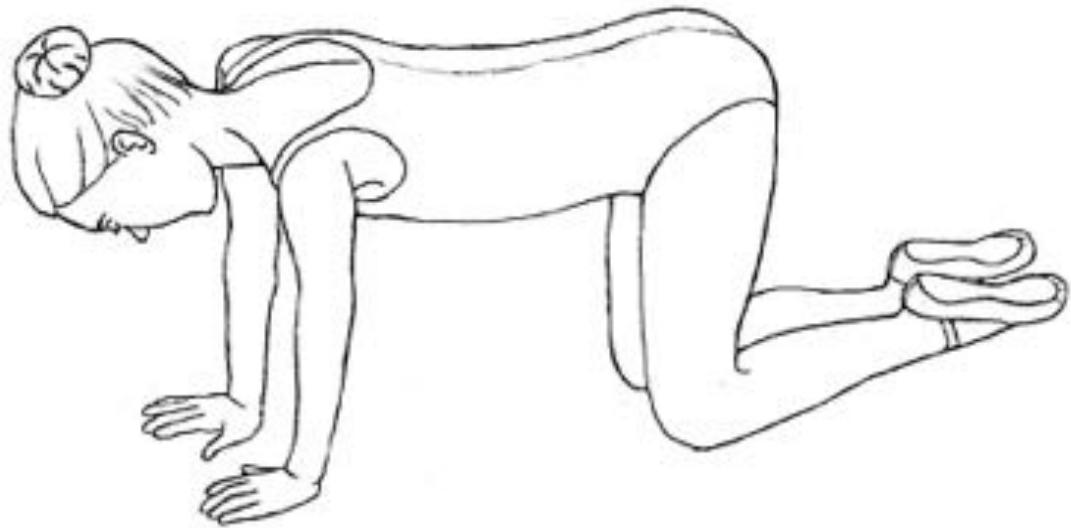
# Peanut Butter Feet



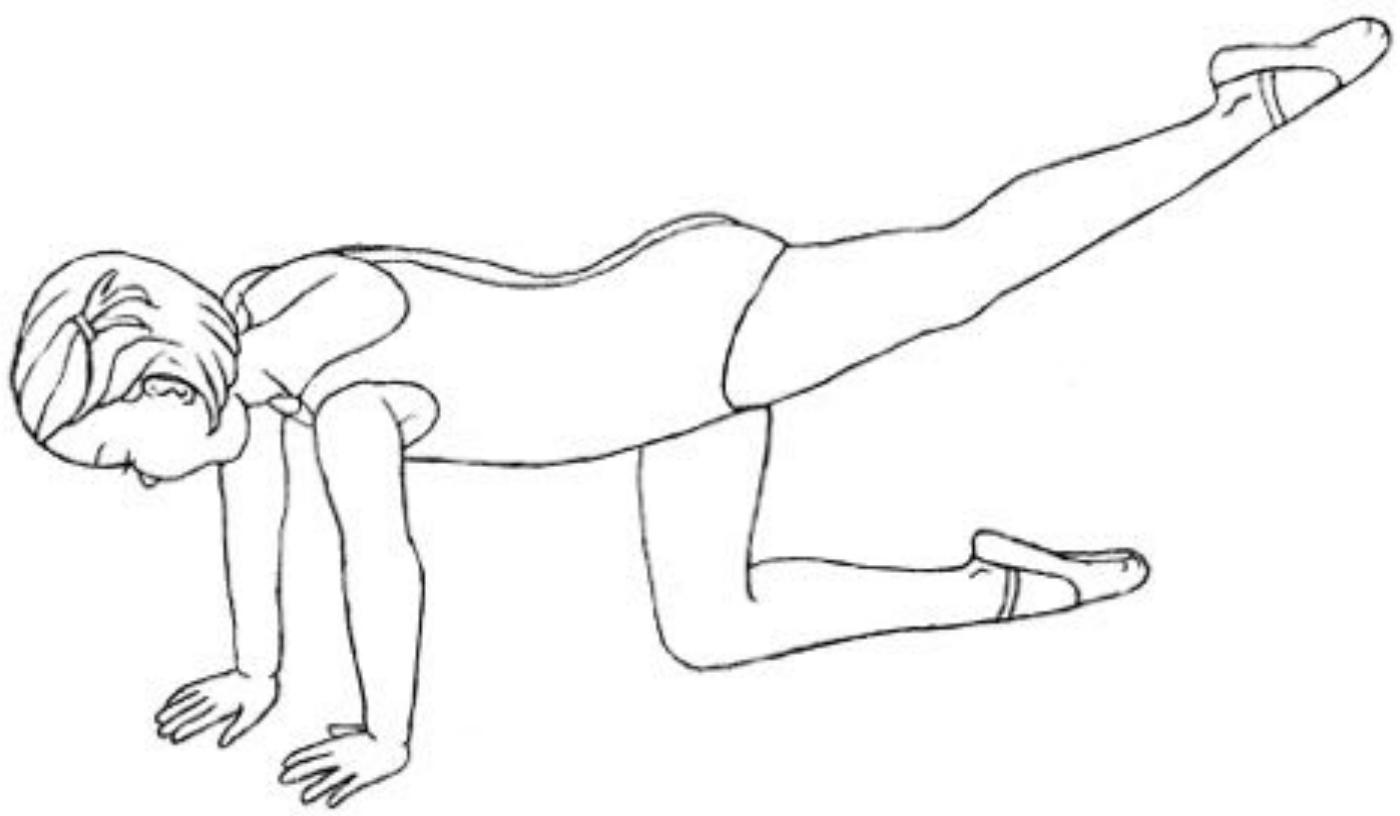
# Straddle Stretch

# **Mermaid**





# Cat Stretch



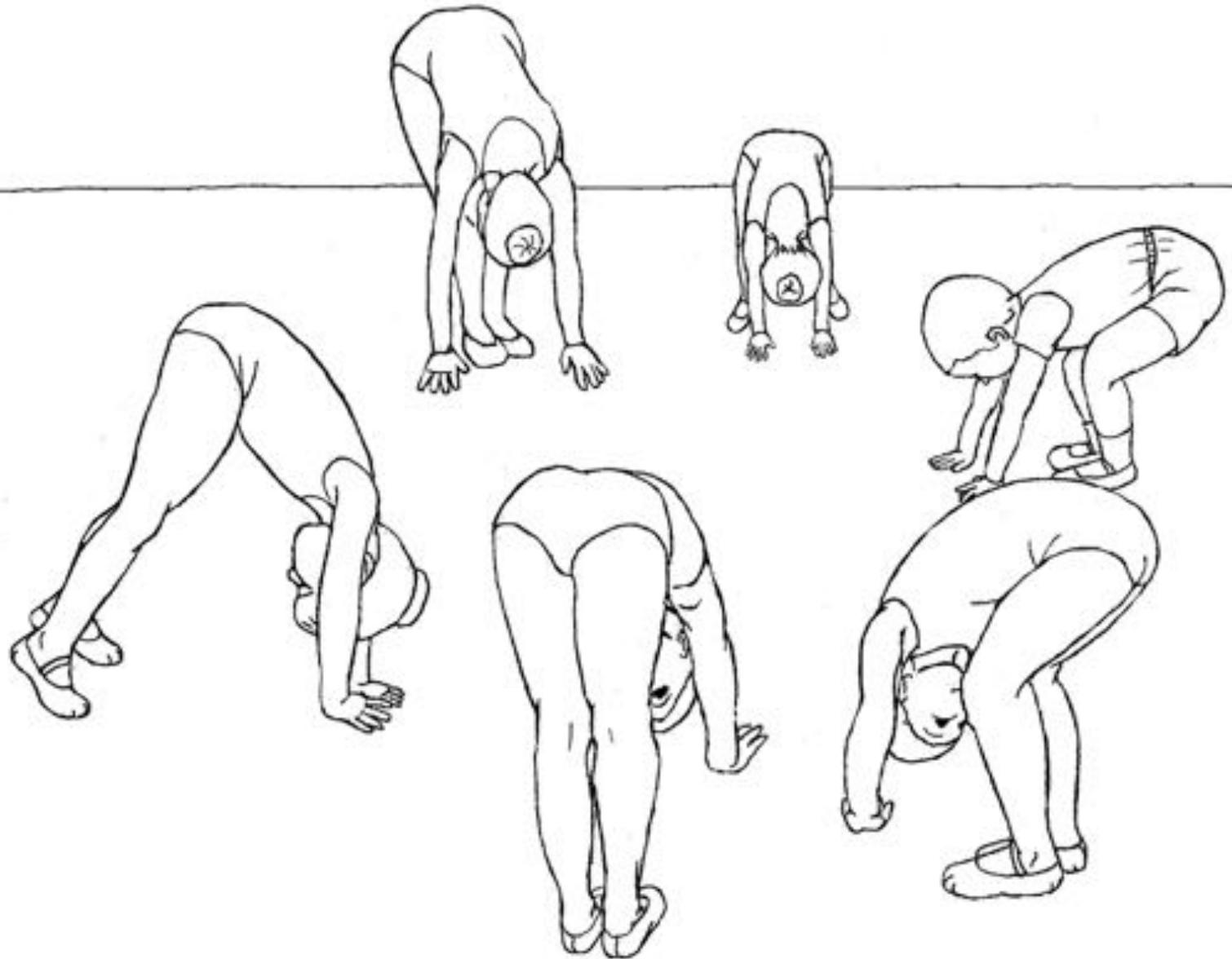
# Cat Balance

## Three Leg

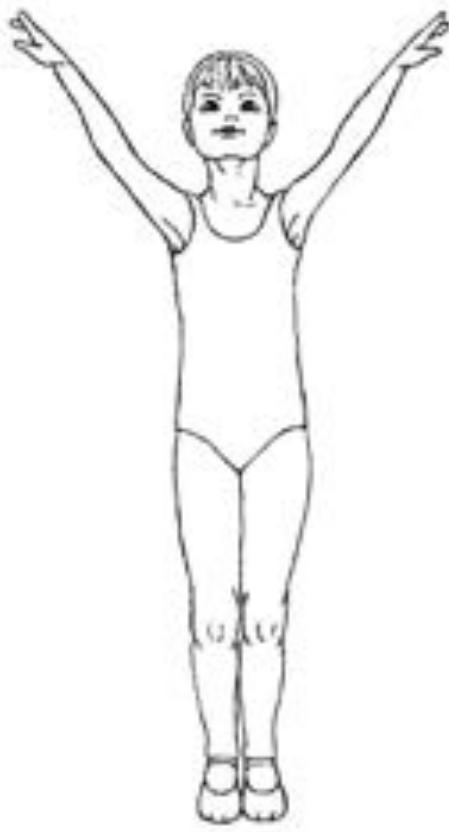


# Cat Balance

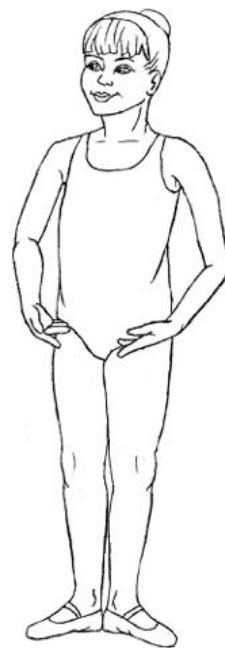
## Two Leg



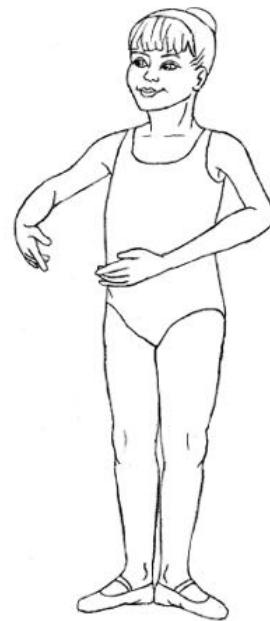
# Hello Knees



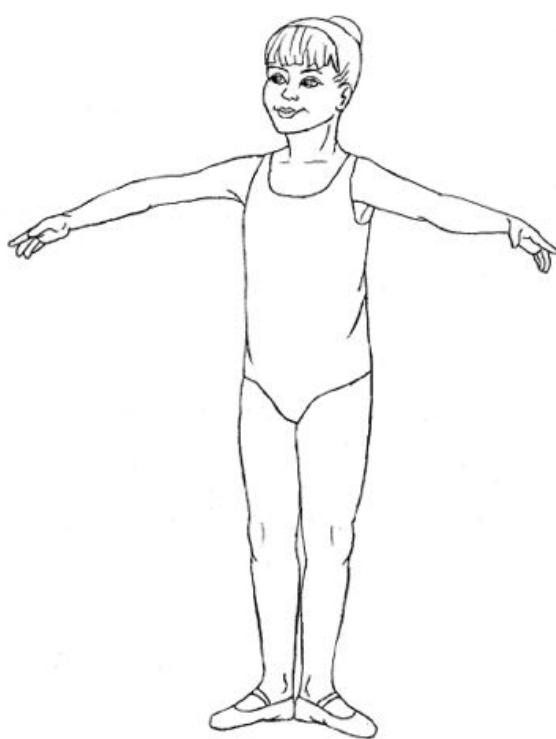
# Butterfly Port de Bras



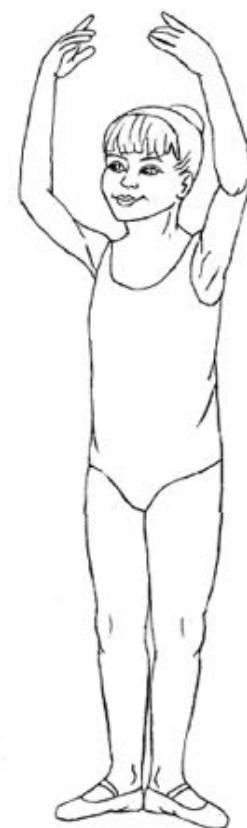
**Port de Bras  
en Bas**



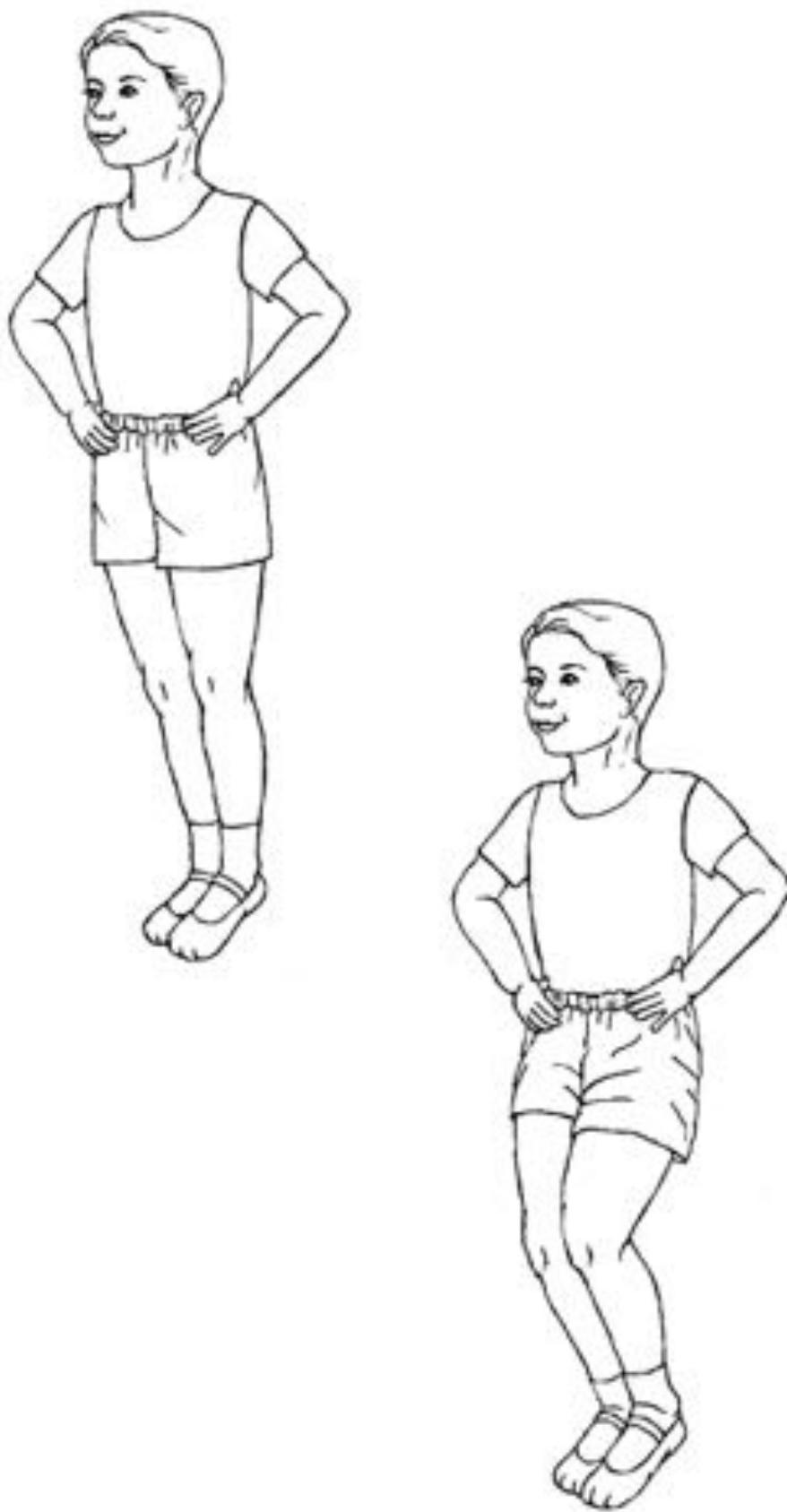
**Port de Bras  
First Position**



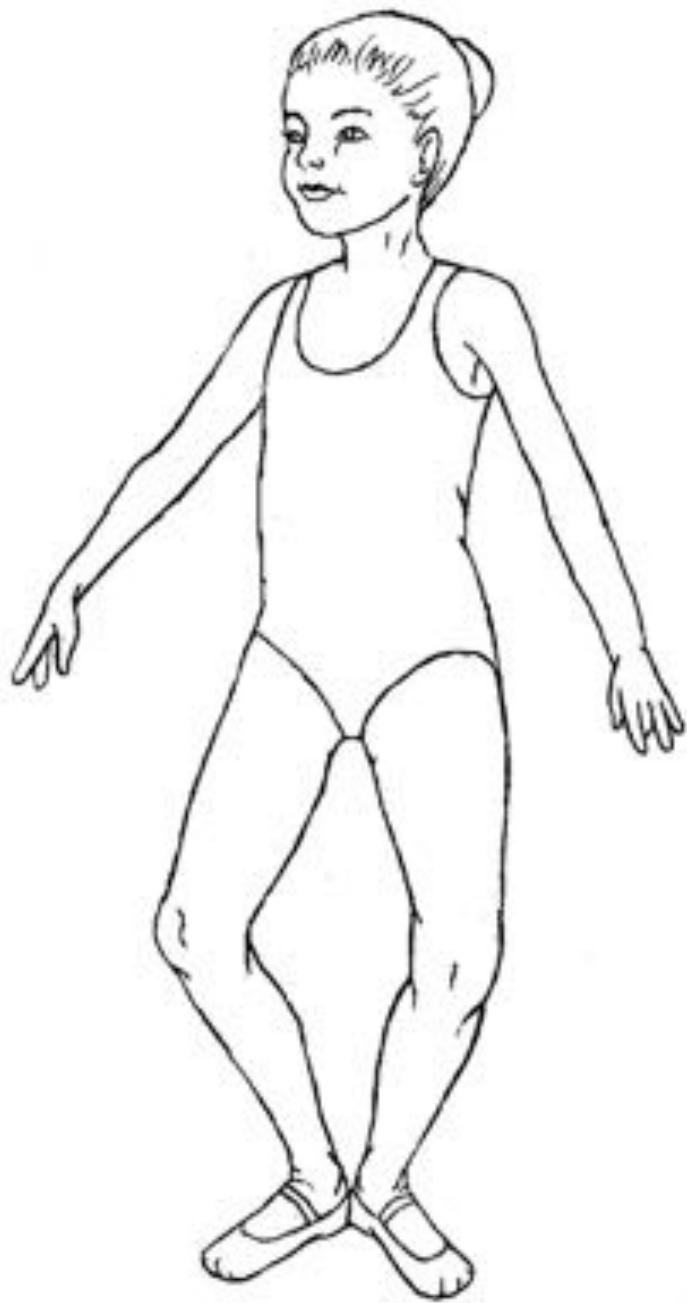
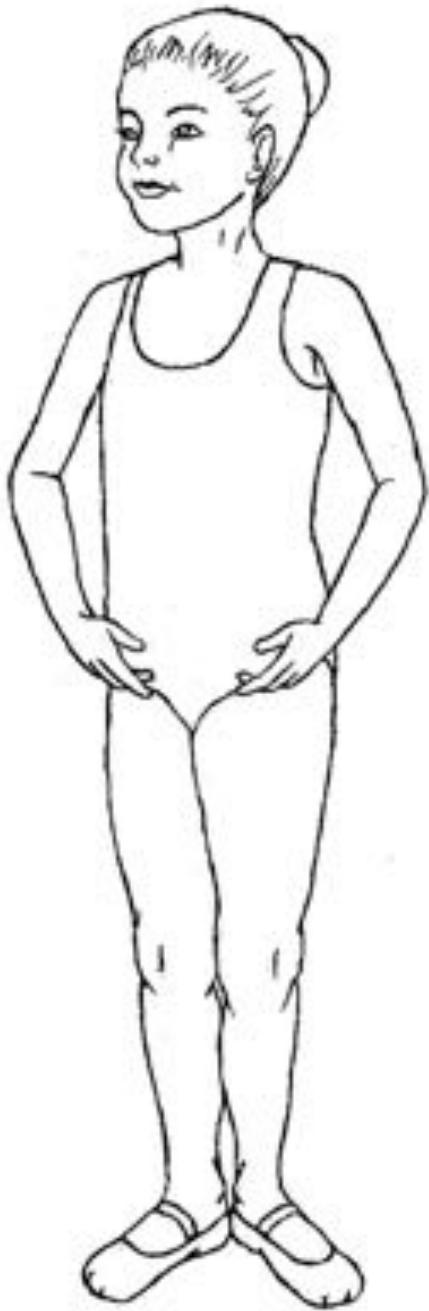
**Port de Bras  
Second Position**



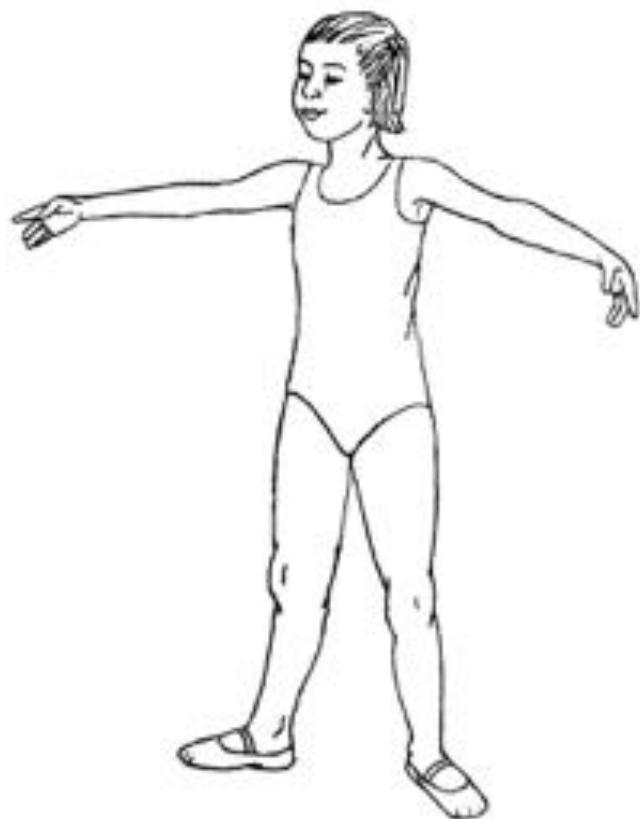
**Port de Bras  
Fifth Position**



# Demi-Plié Parallel



# Demi-Plié First Position



# Demi-Plié Second Position

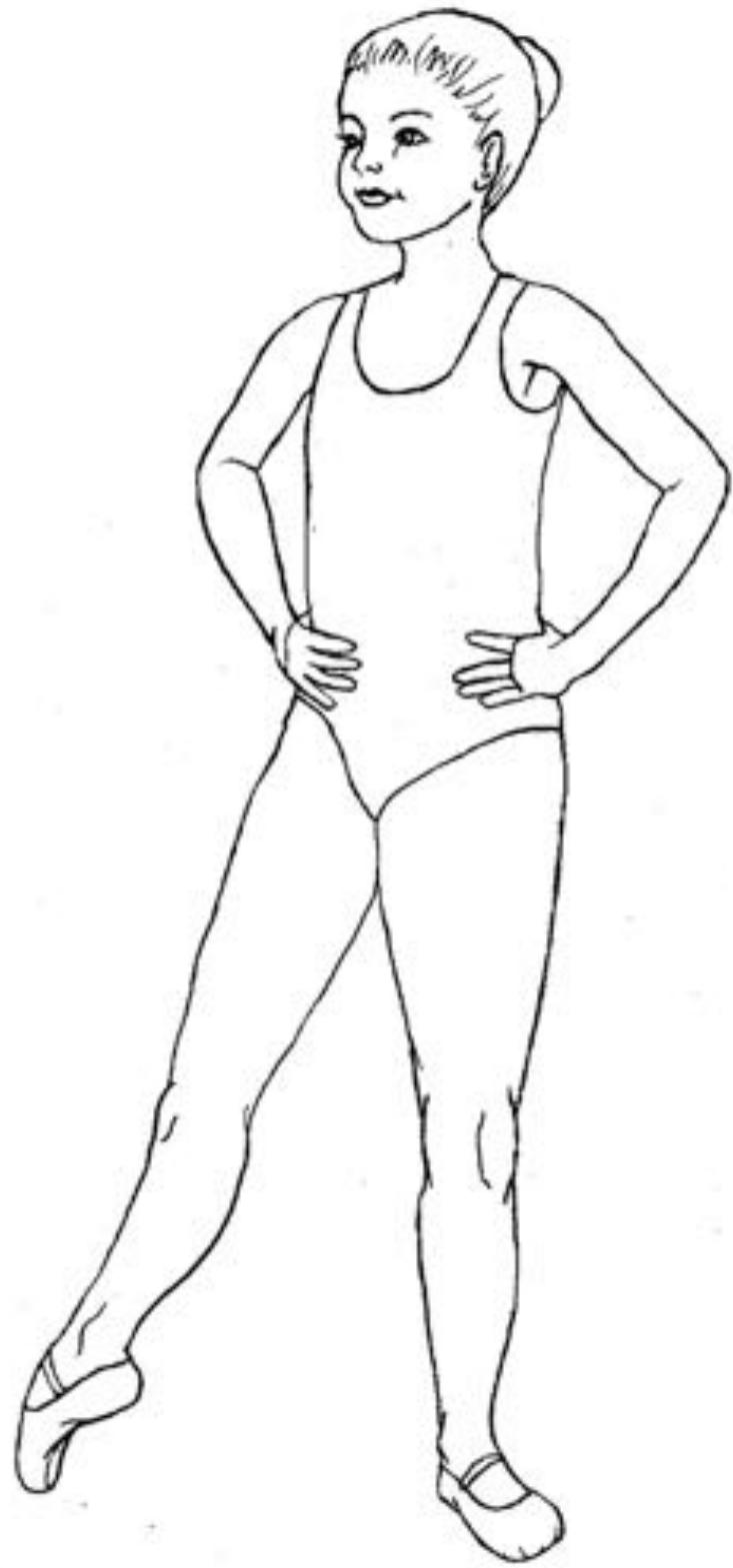


# **Grand Plié**

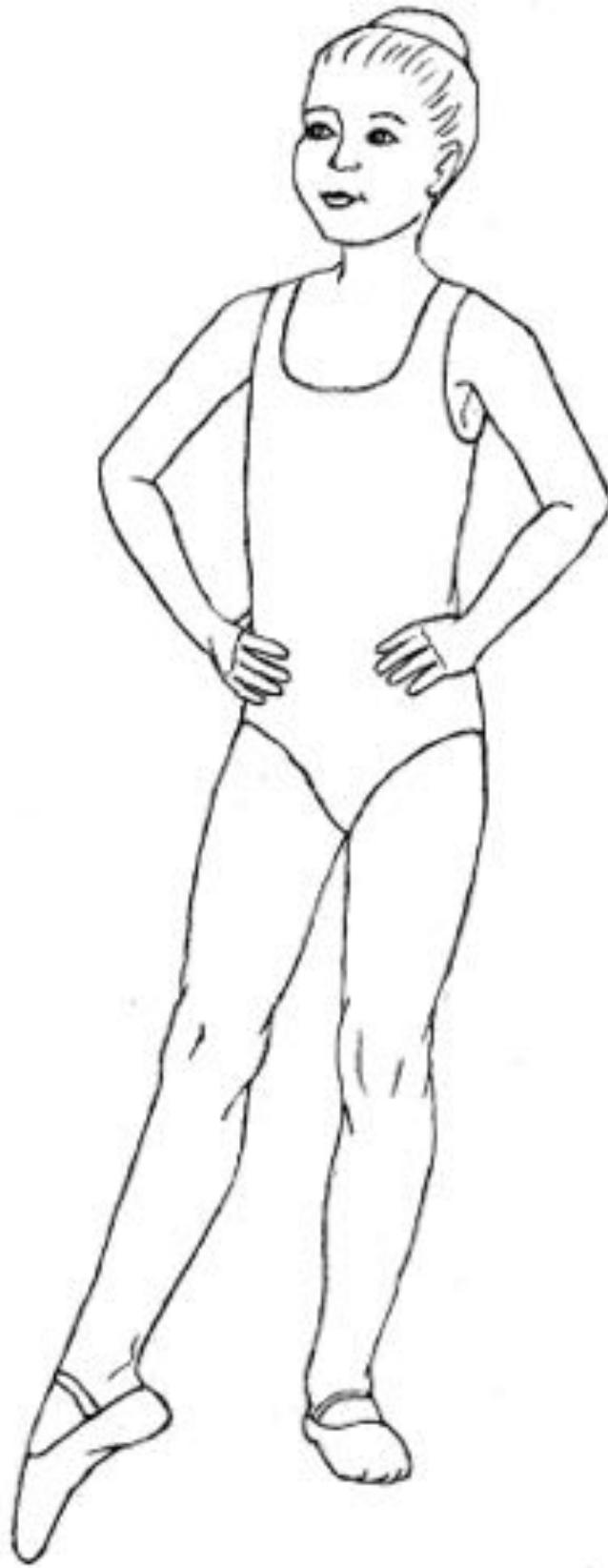
# **Second Position**



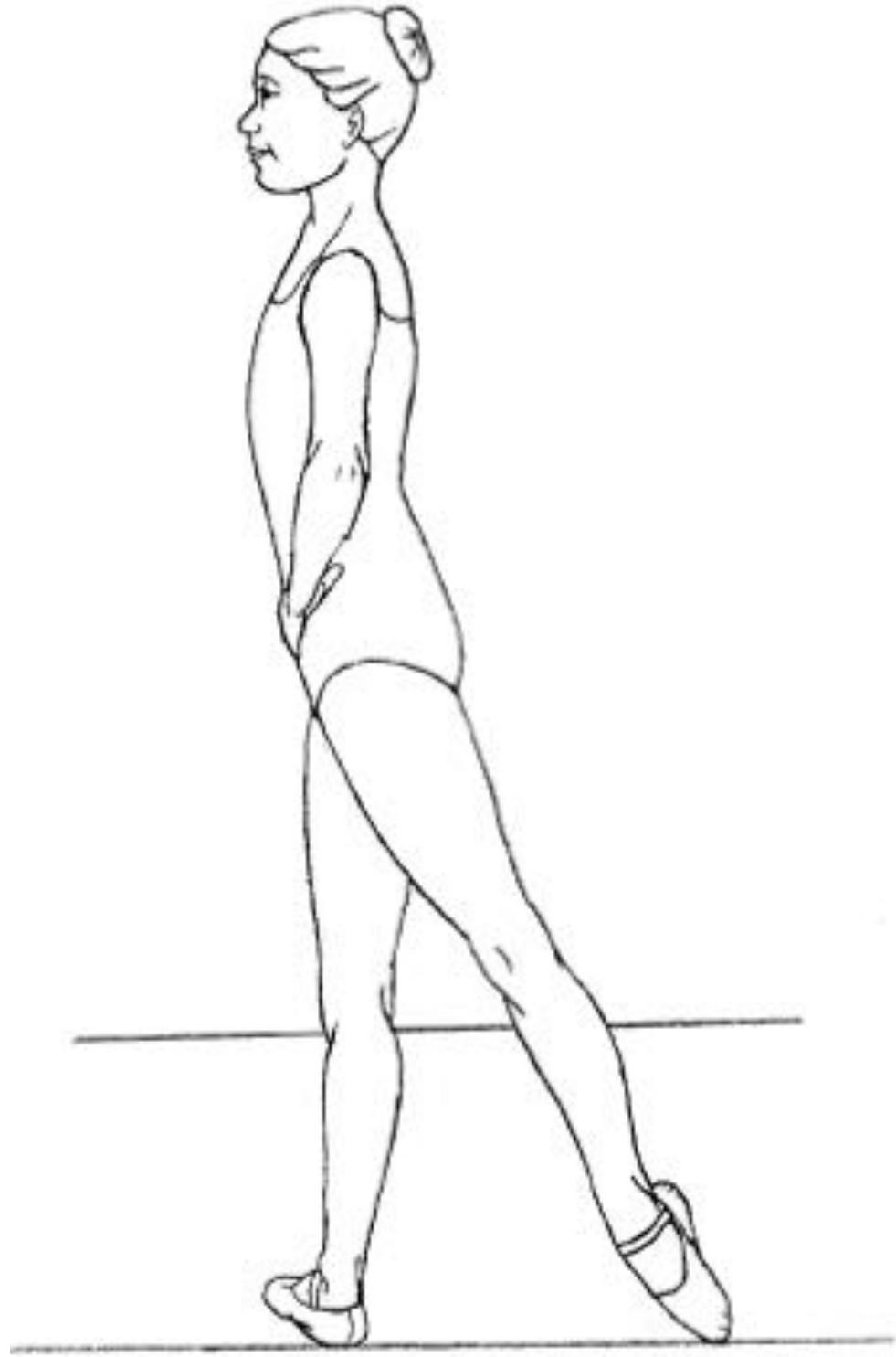
# Tendu Parallel



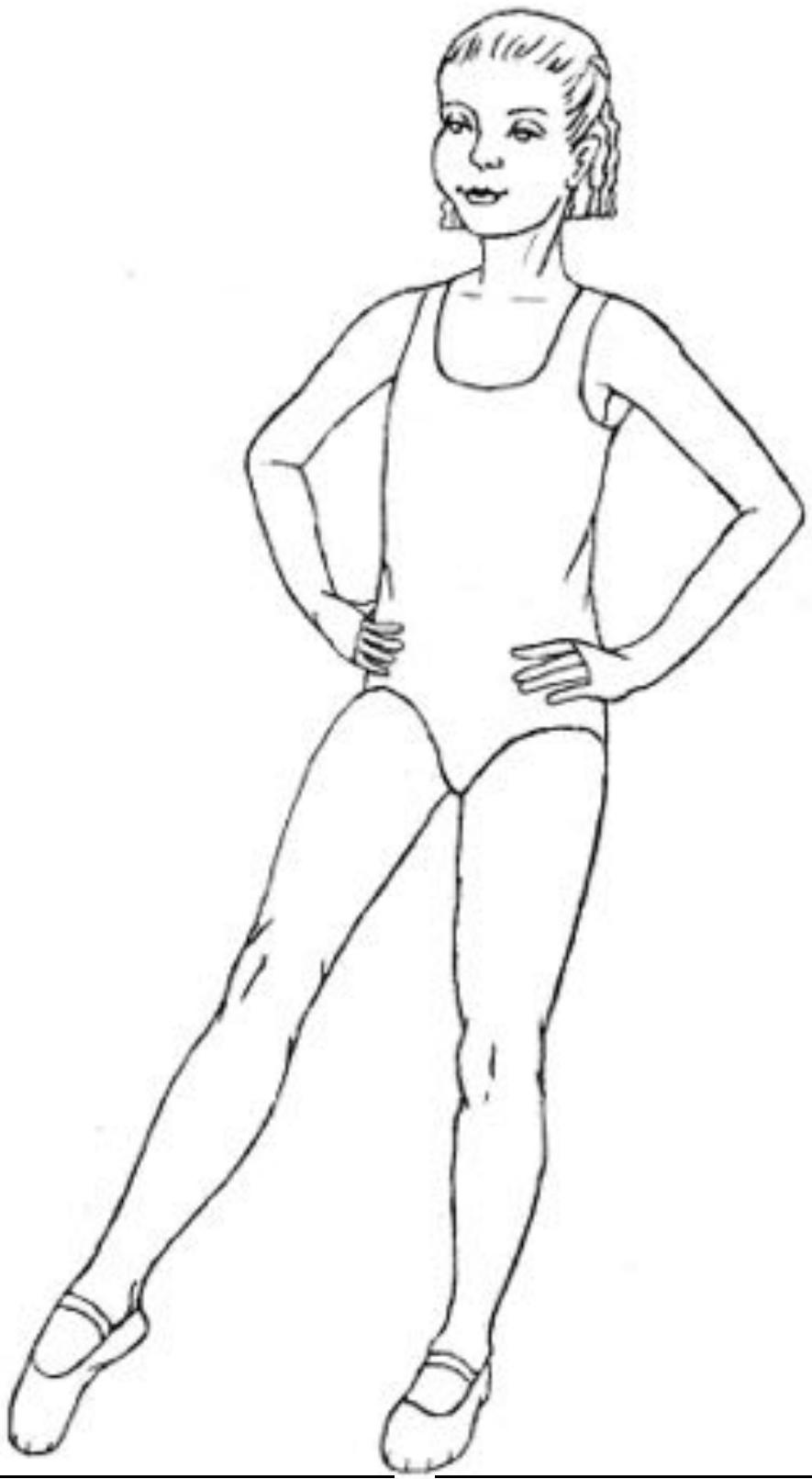
## Tendu à la Seconde from First Position



## **Tendu Devant from First Position**



# Tendu Derrière from First Position

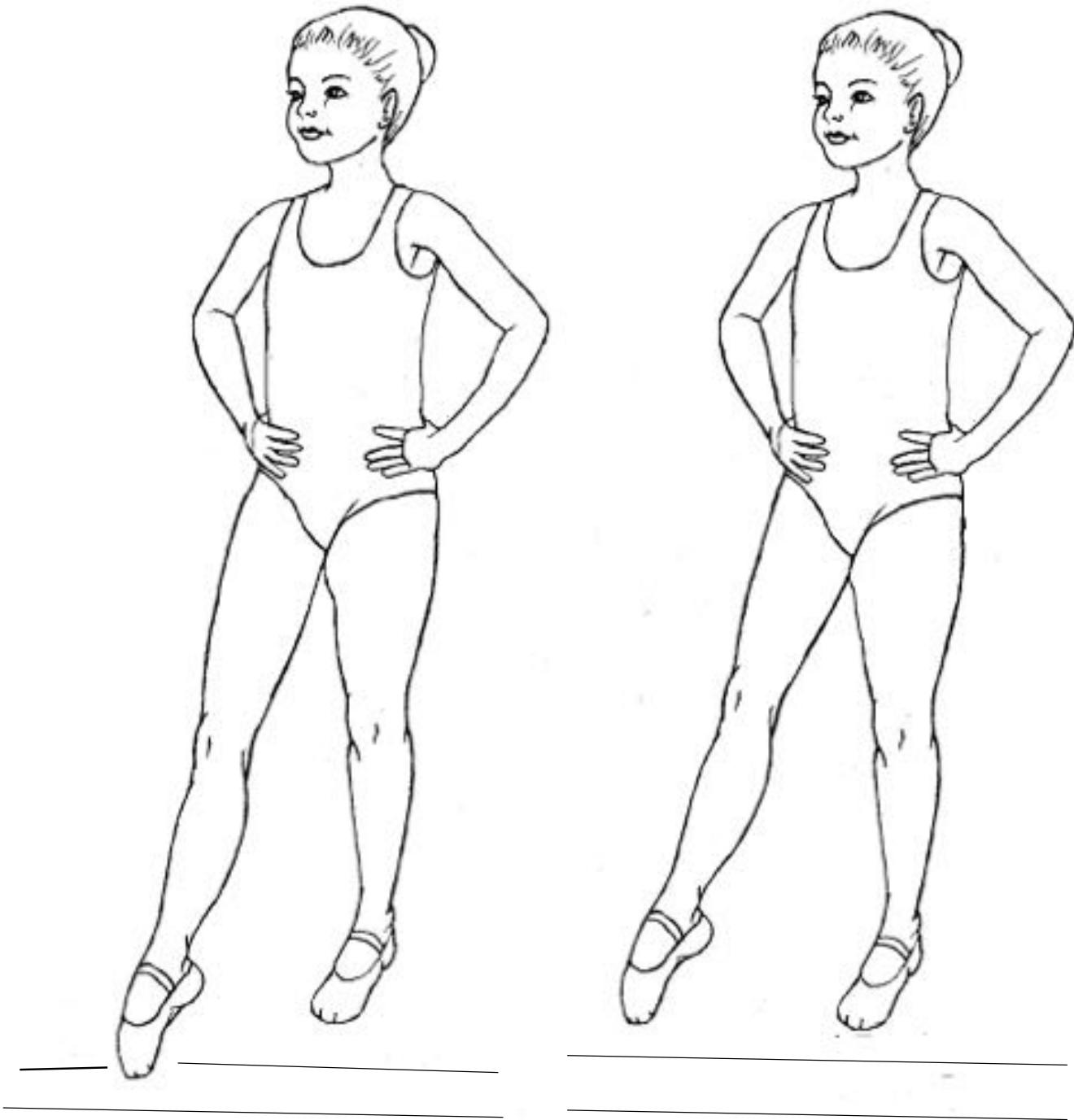


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# Dégagé Parallel

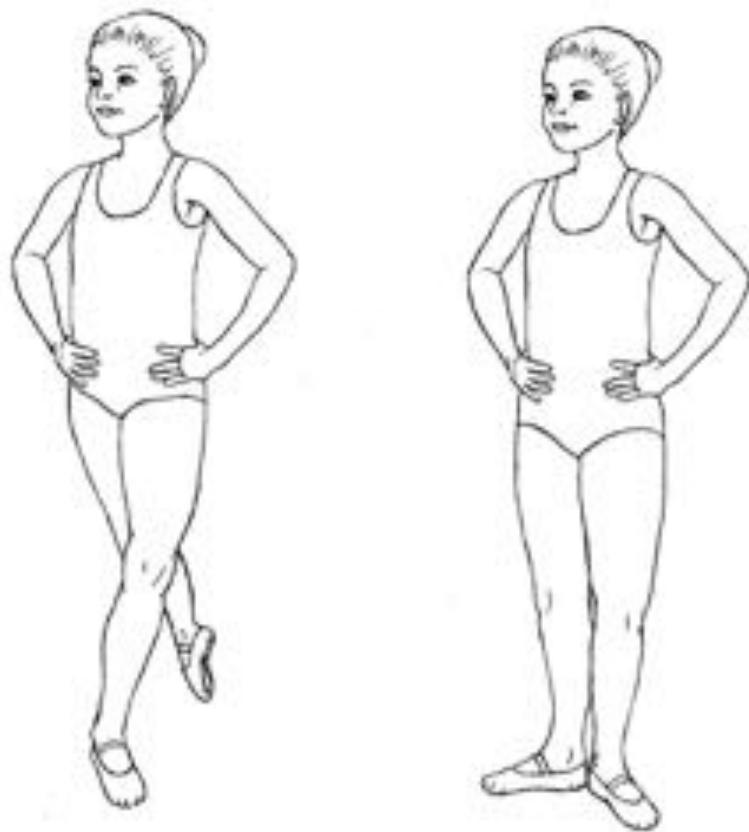
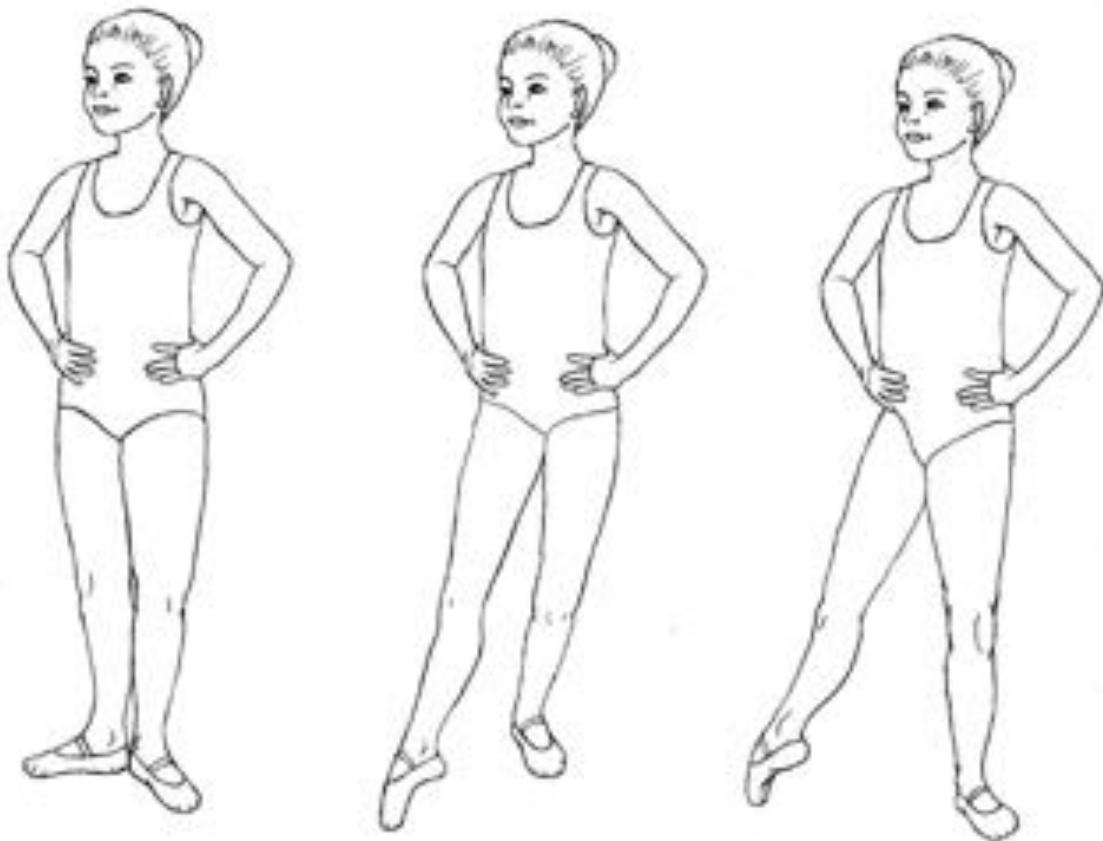


## Dégagé à la Seconde from First Position



# Fairy Tap

# Battement Piqué



# Rond de Jambe



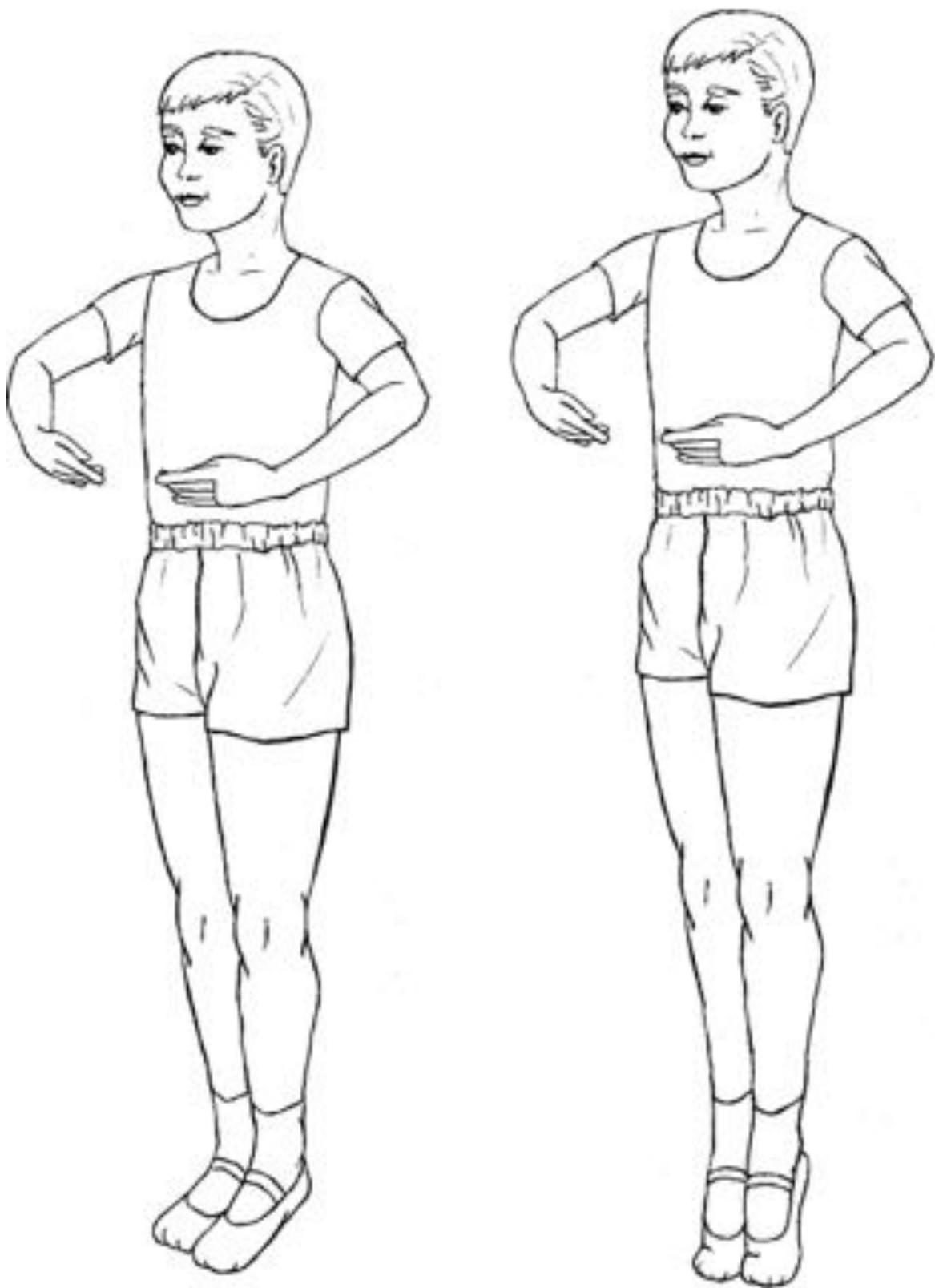
# Cou-de-Pied



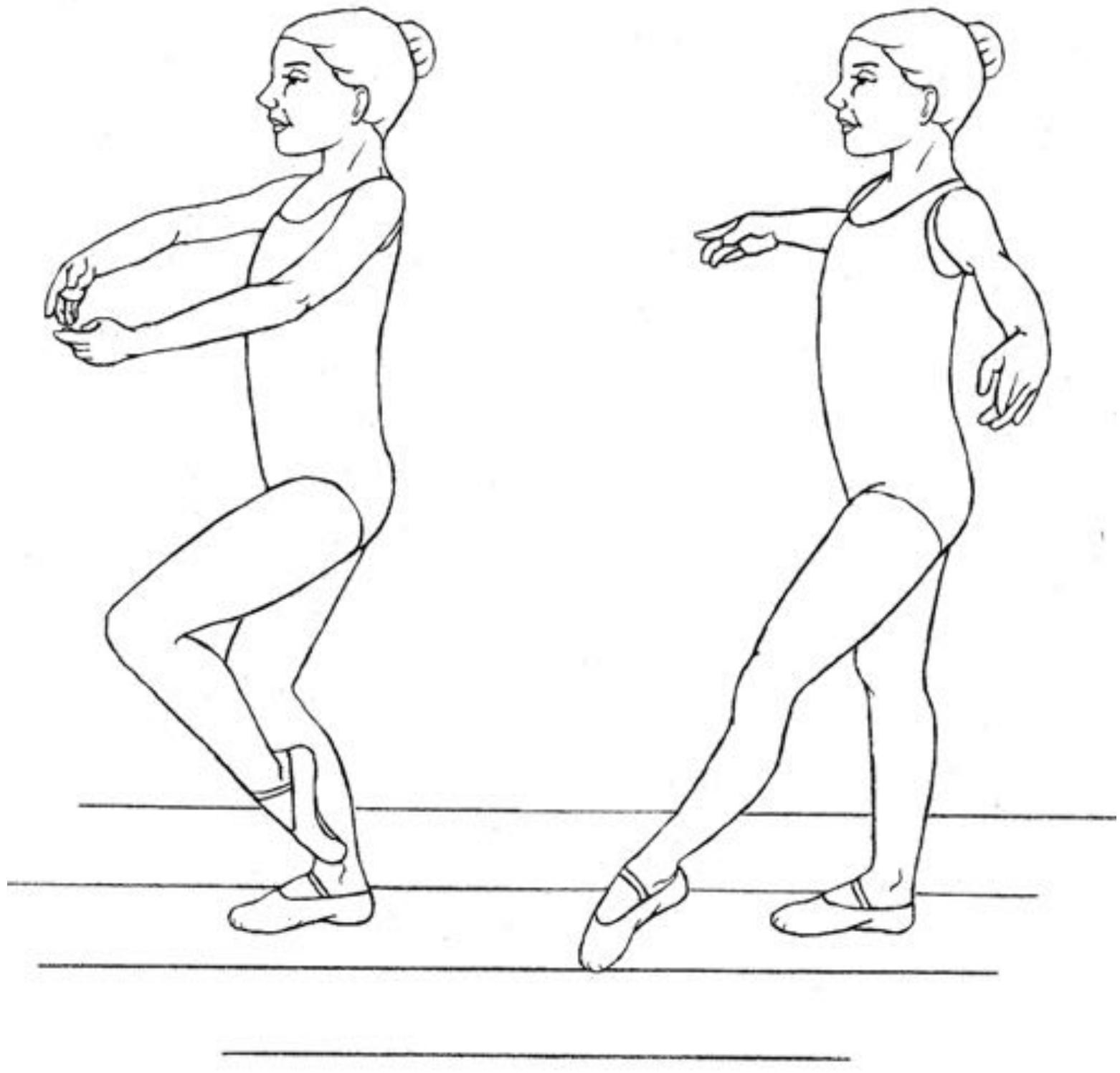
# Passé



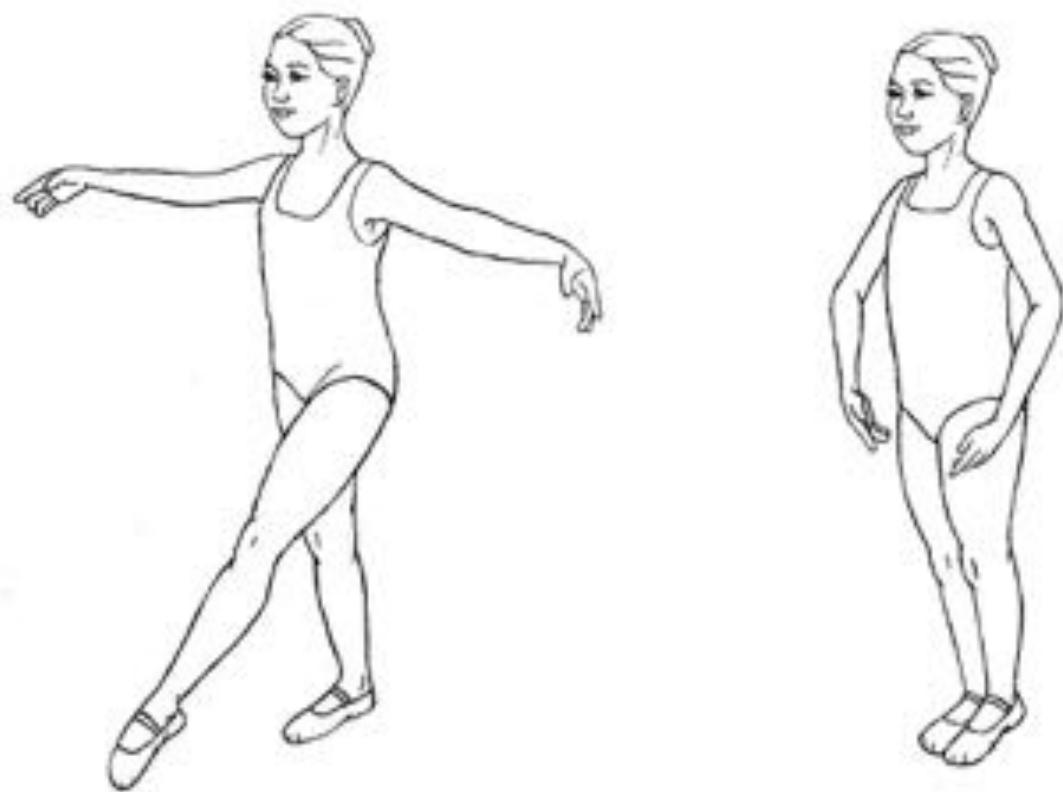
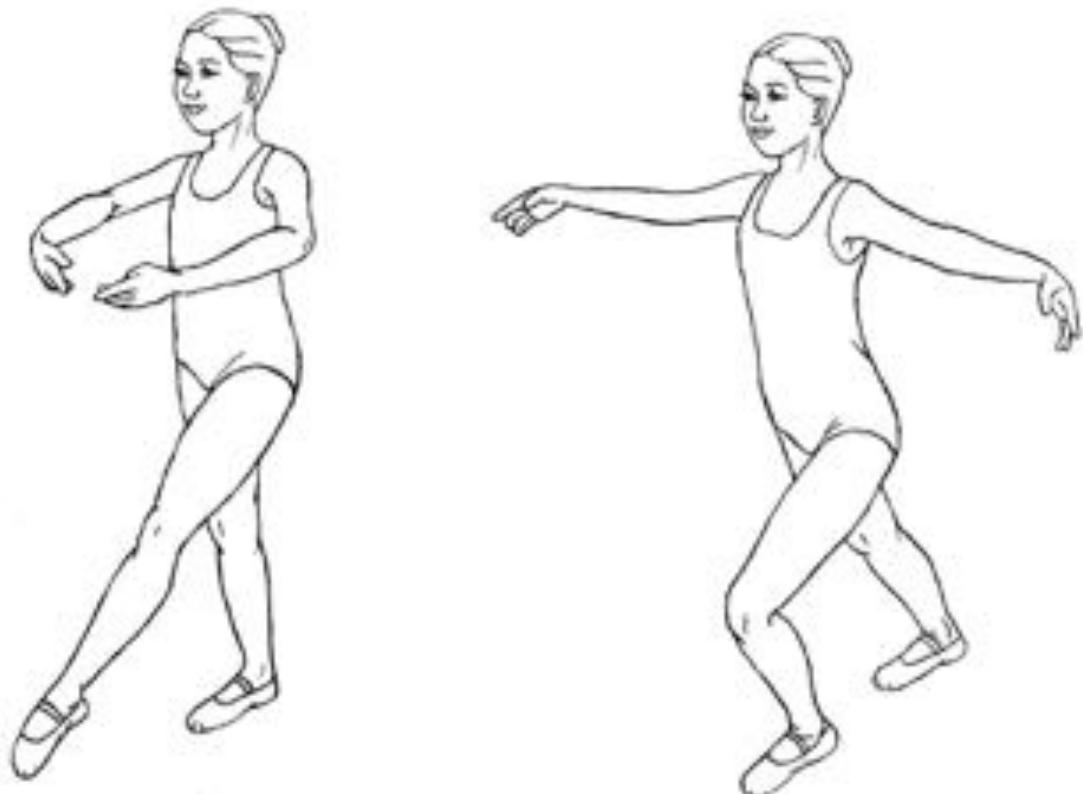
# Relevé



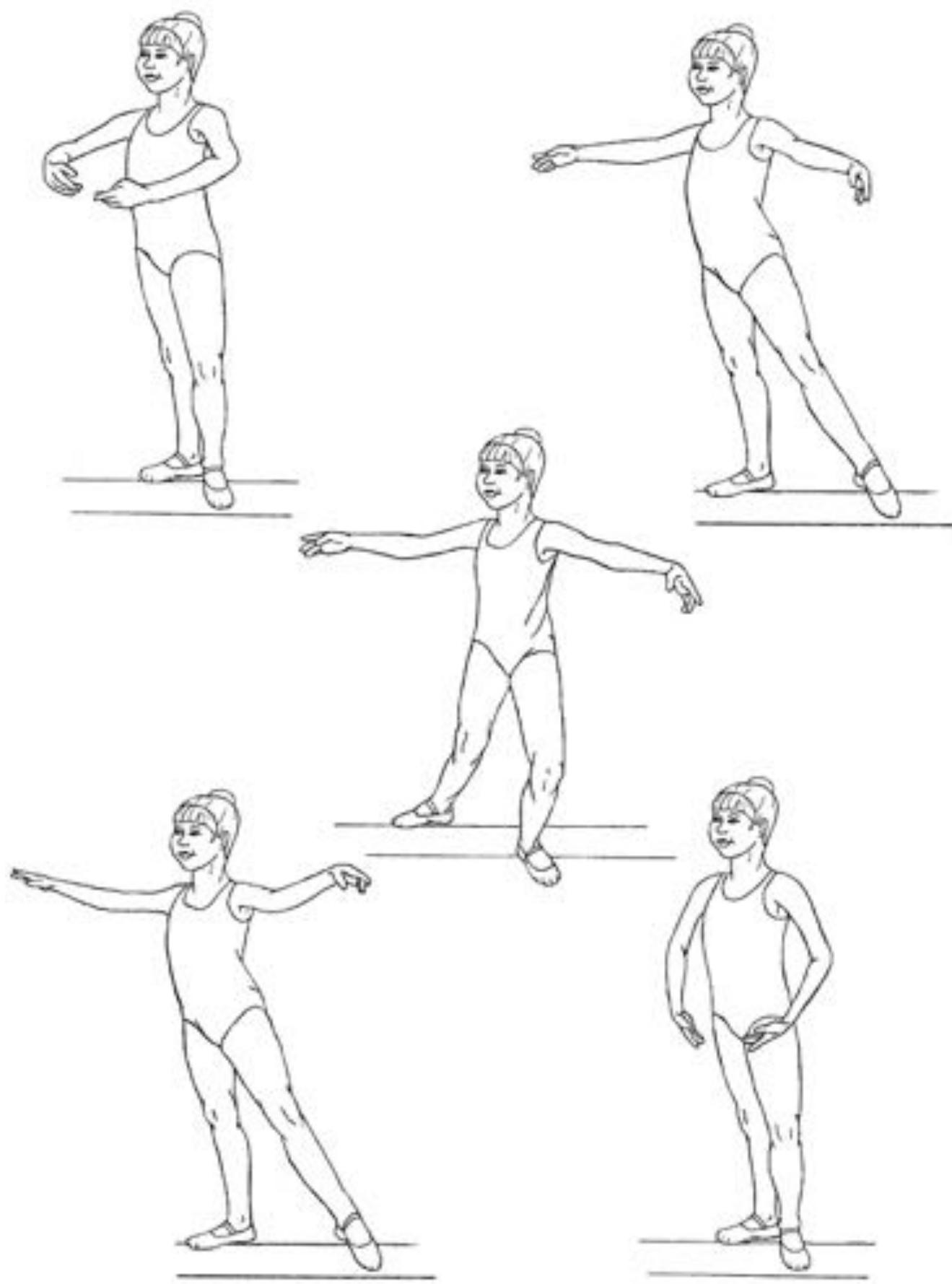
# Elevé



# Fondu Parallel

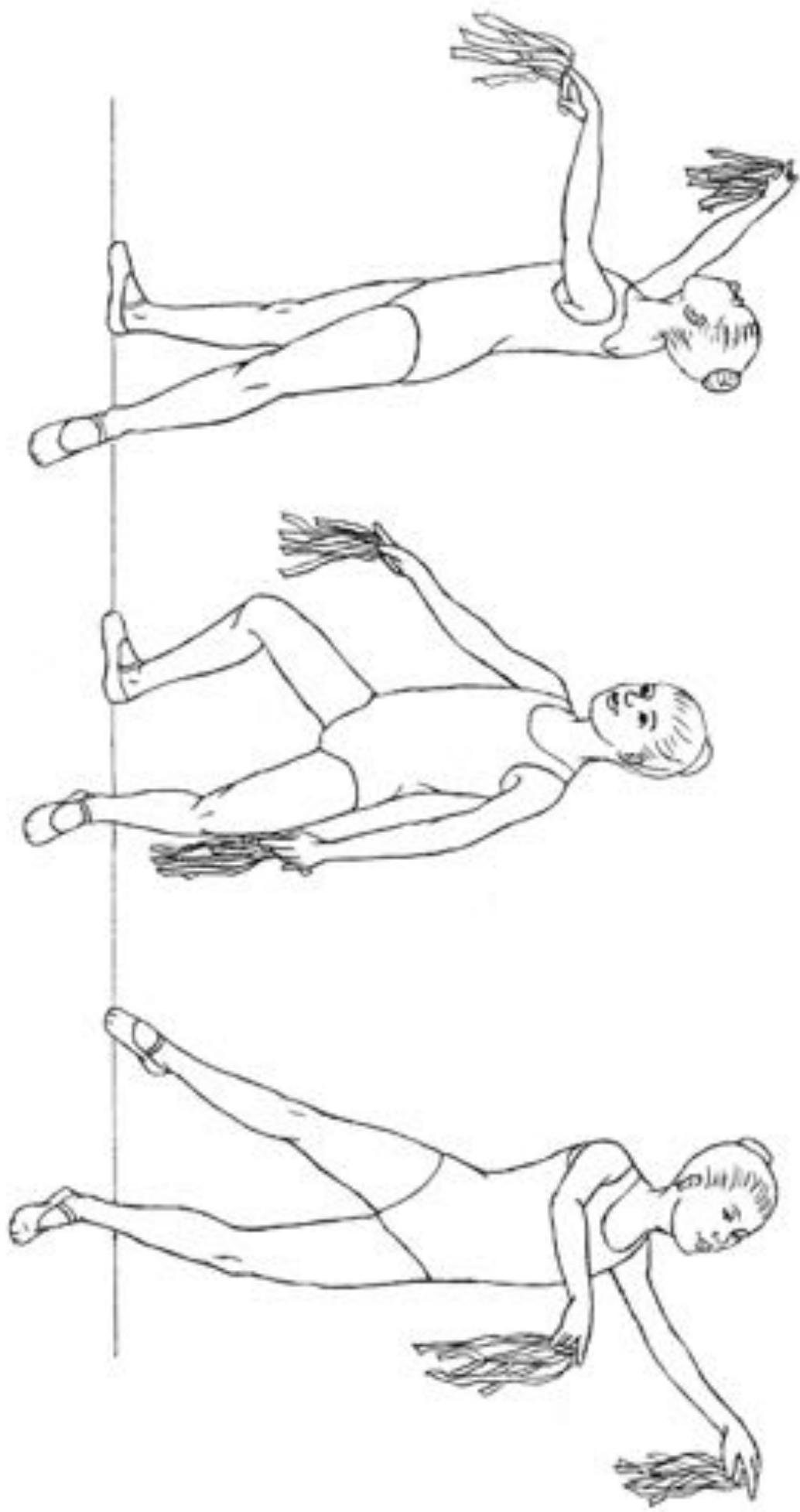


# Tombé Parallel

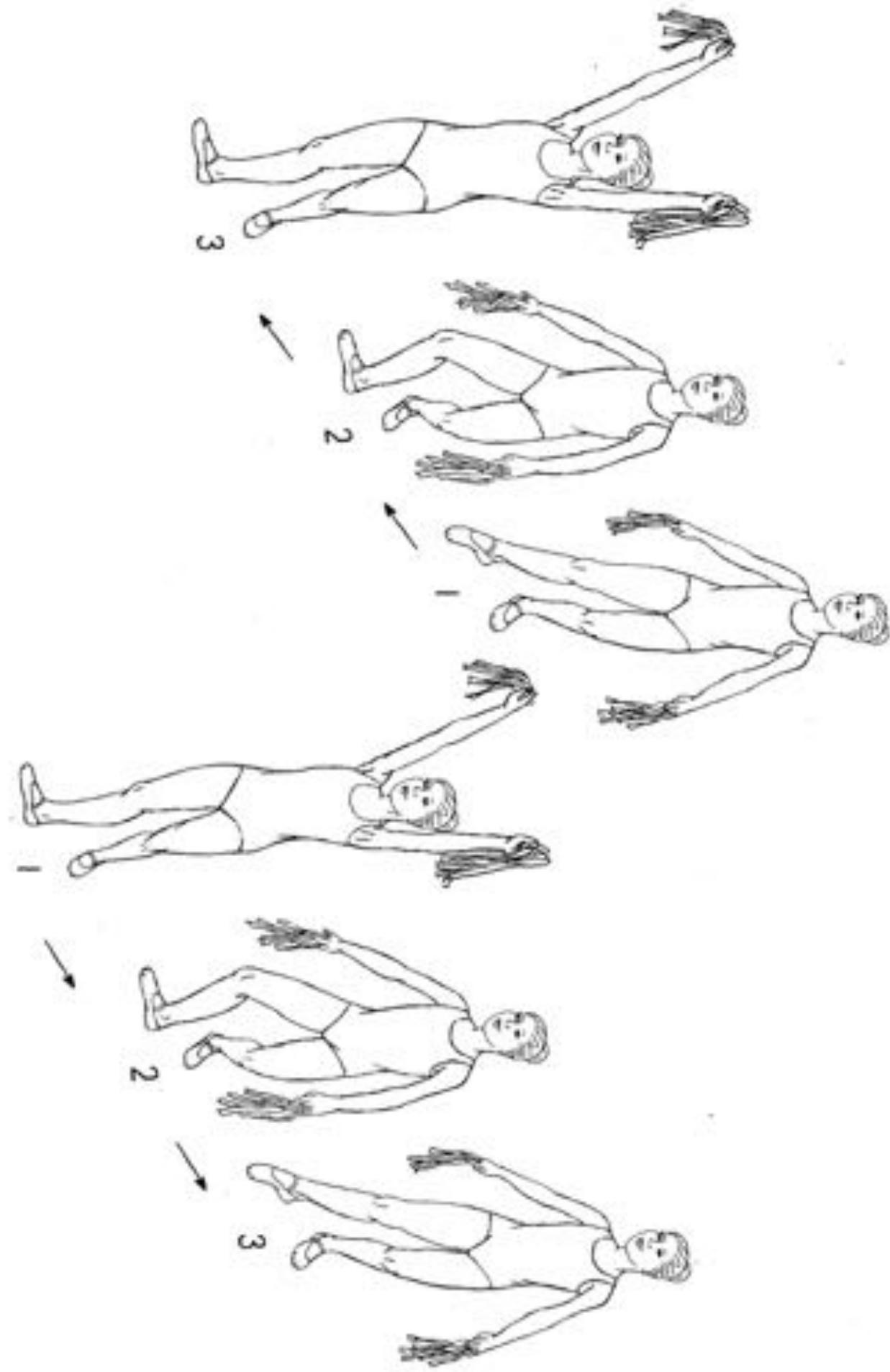


# Tombé à la Seconde

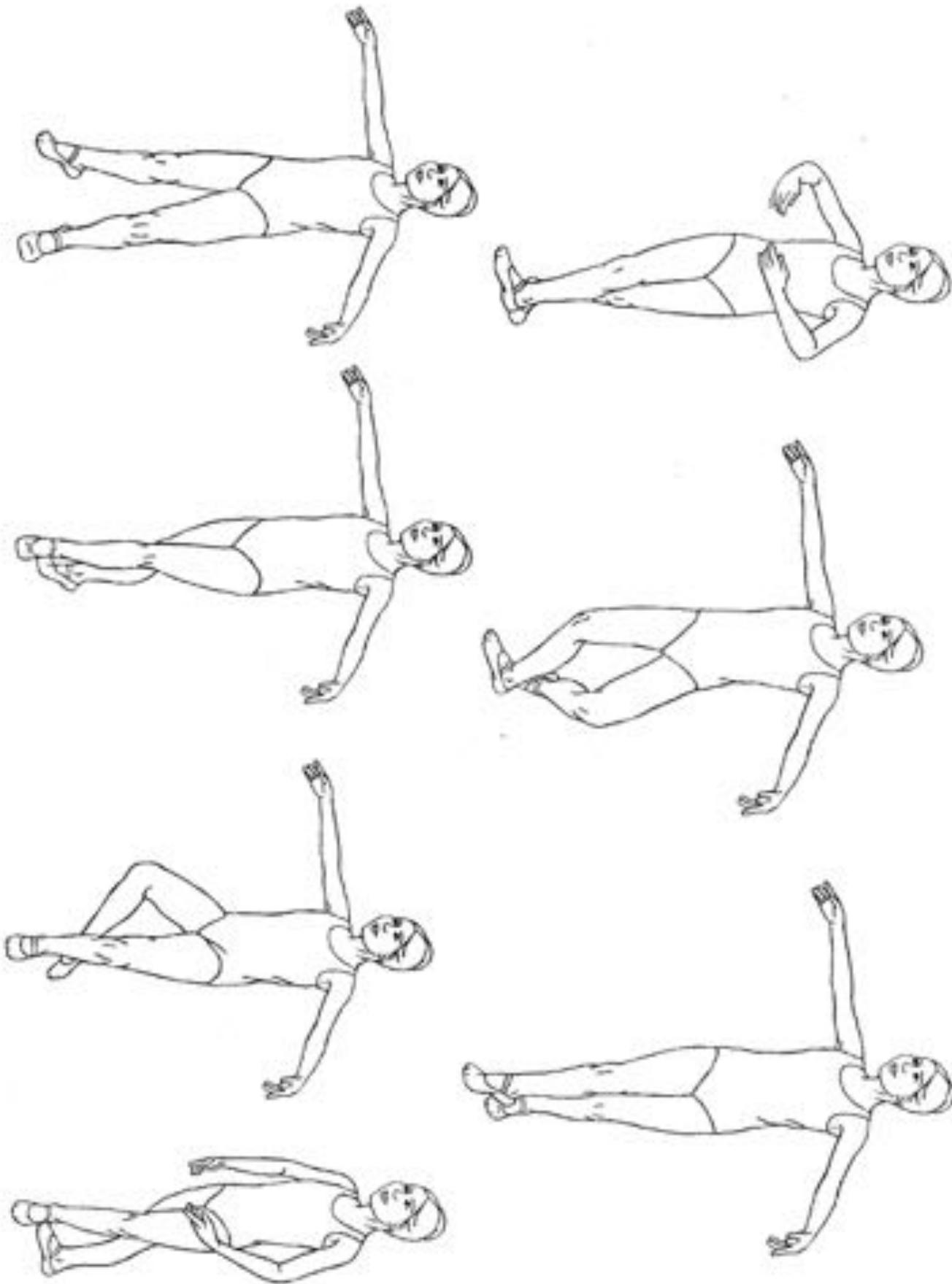
# Temps Lié Sideways



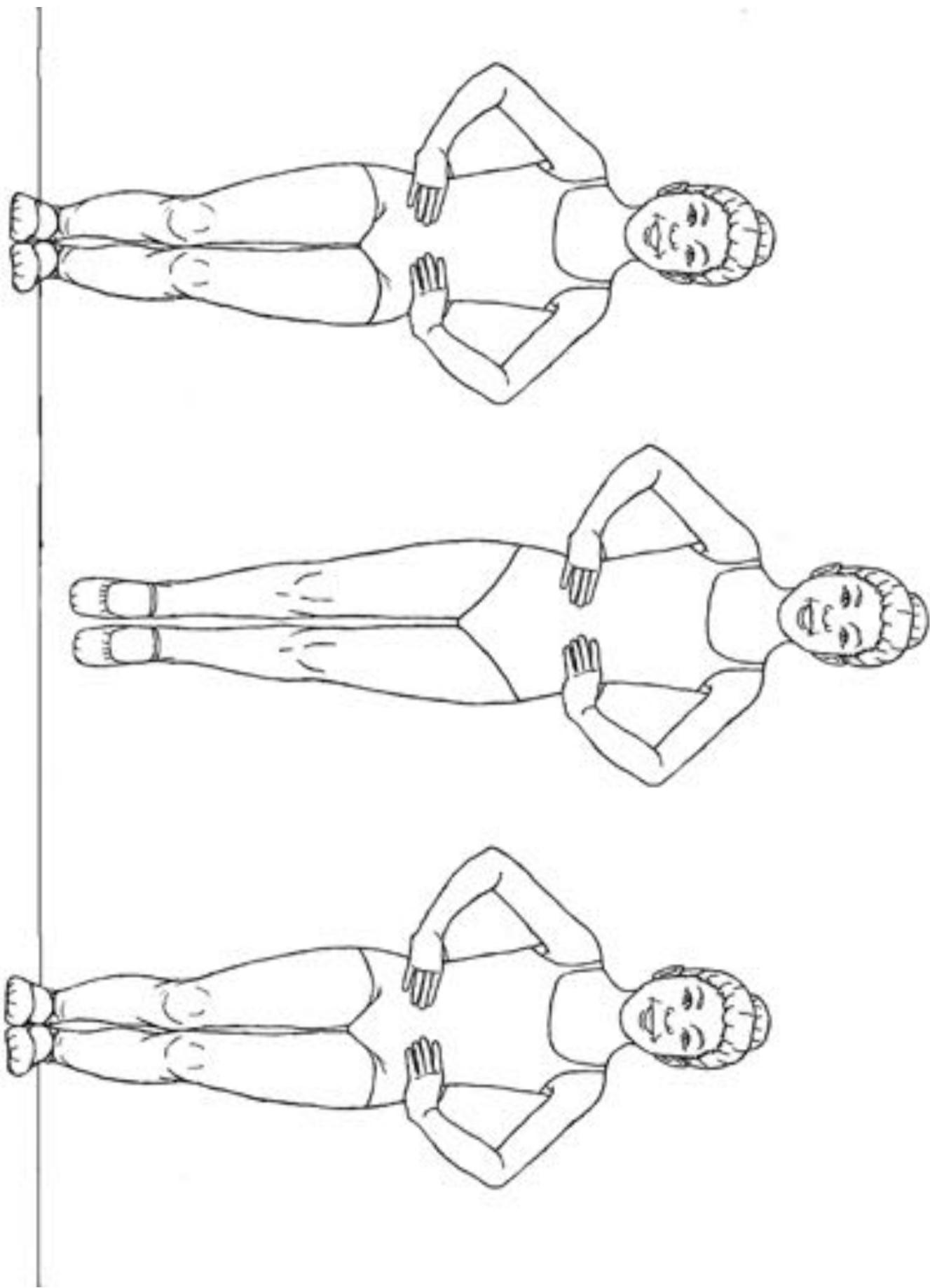
# Temps Lié Forward and Backward



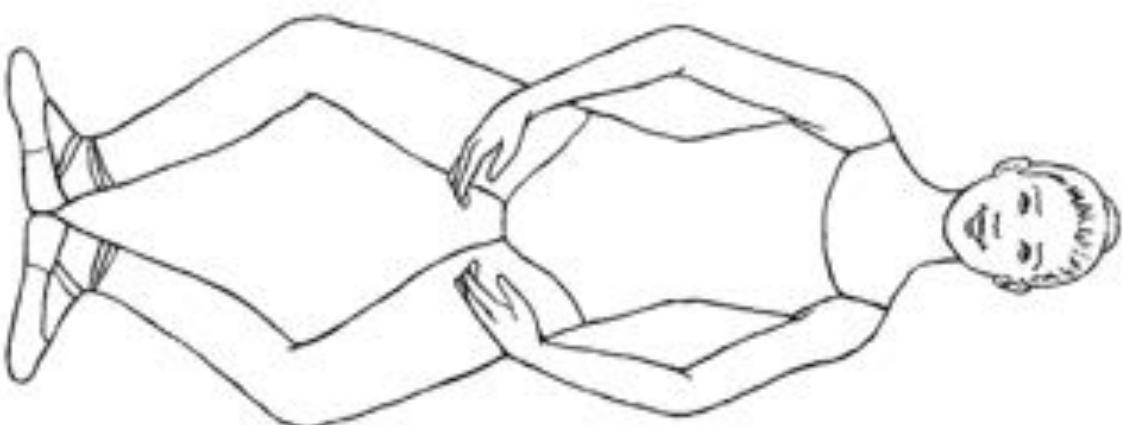
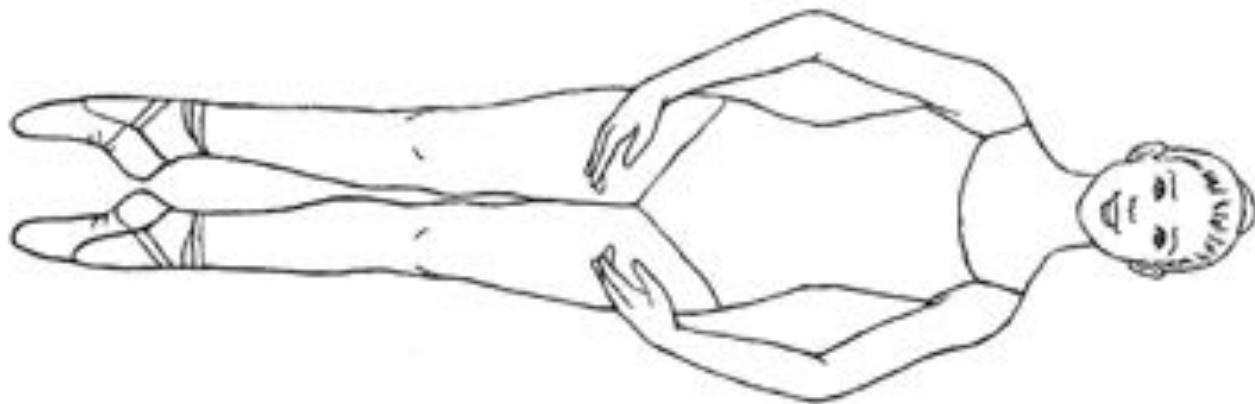
# Pas de Bourrée from Fifth or Third Position

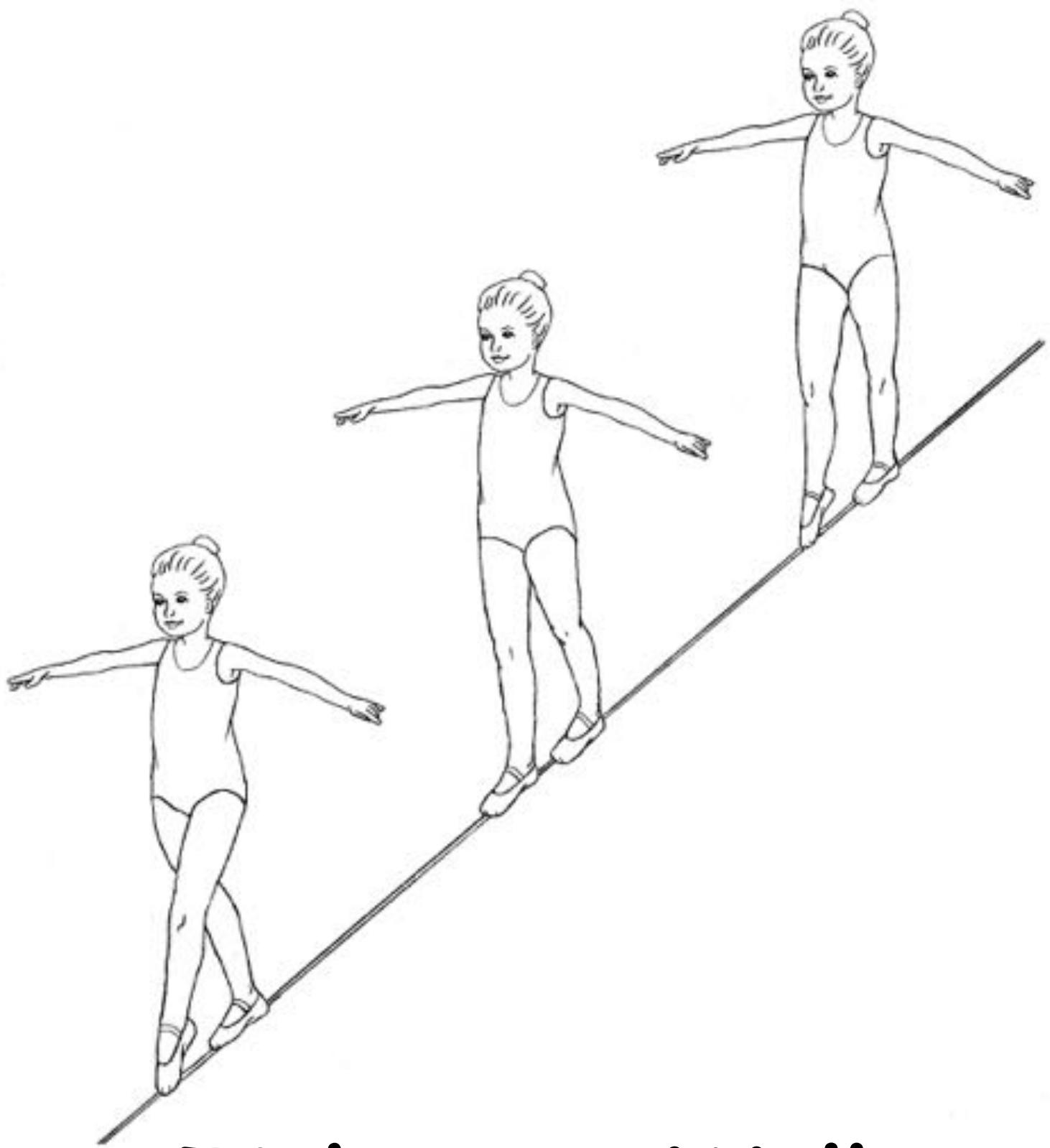


# Sauté Parallel

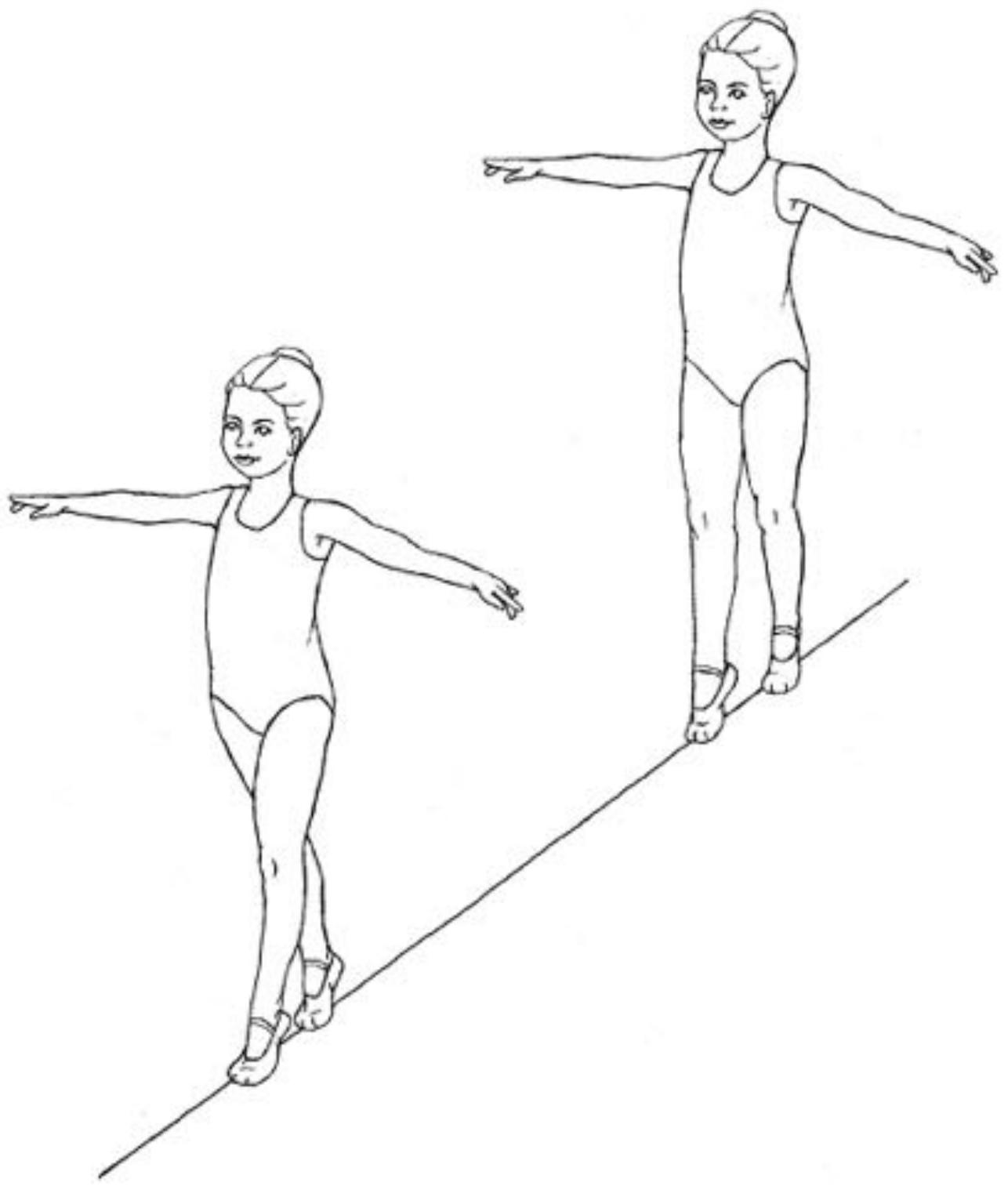


# Sauté from First Position

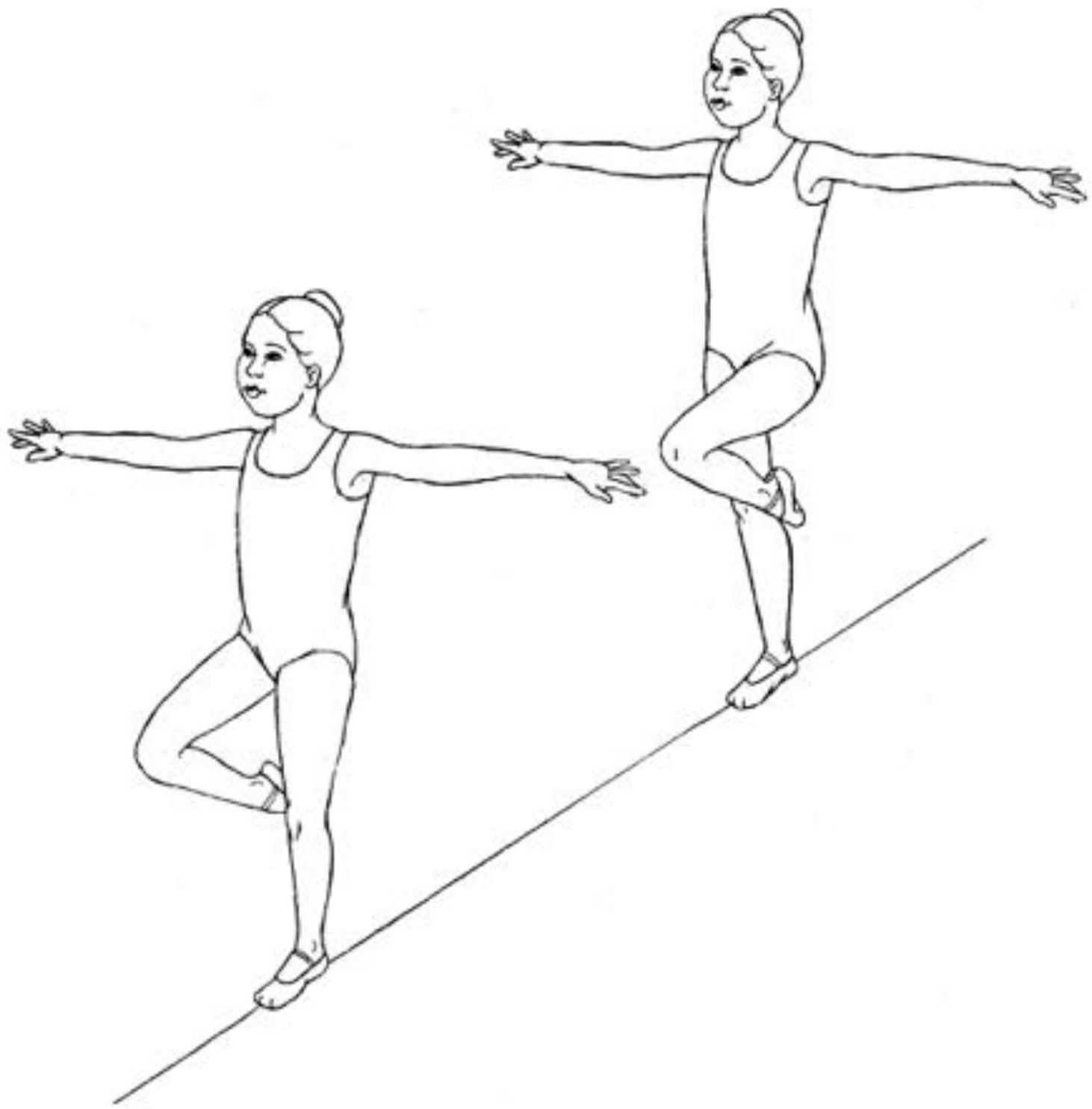




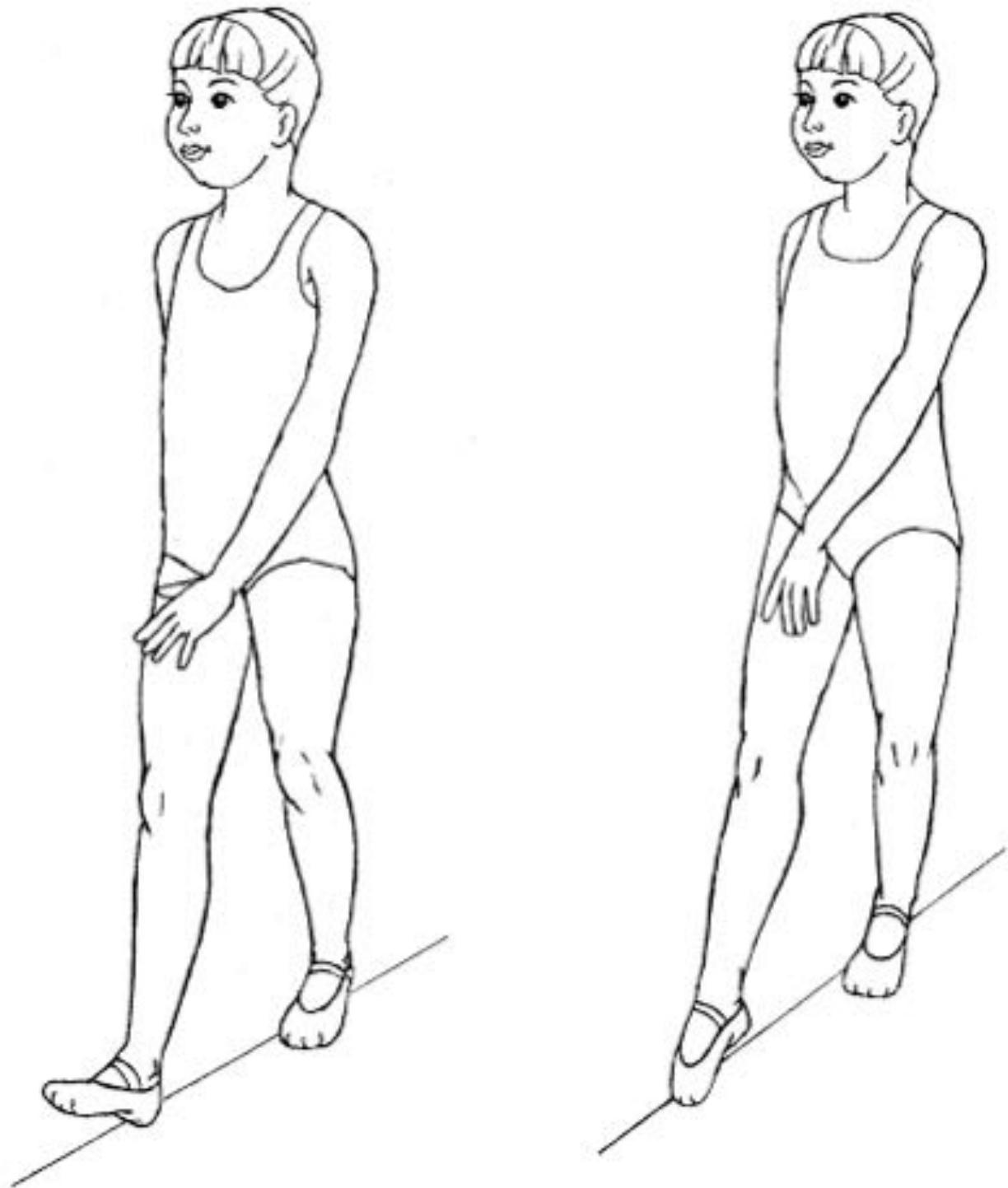
# Tightrope Walk Flat



# Tightrope Walk Demi-Pointe



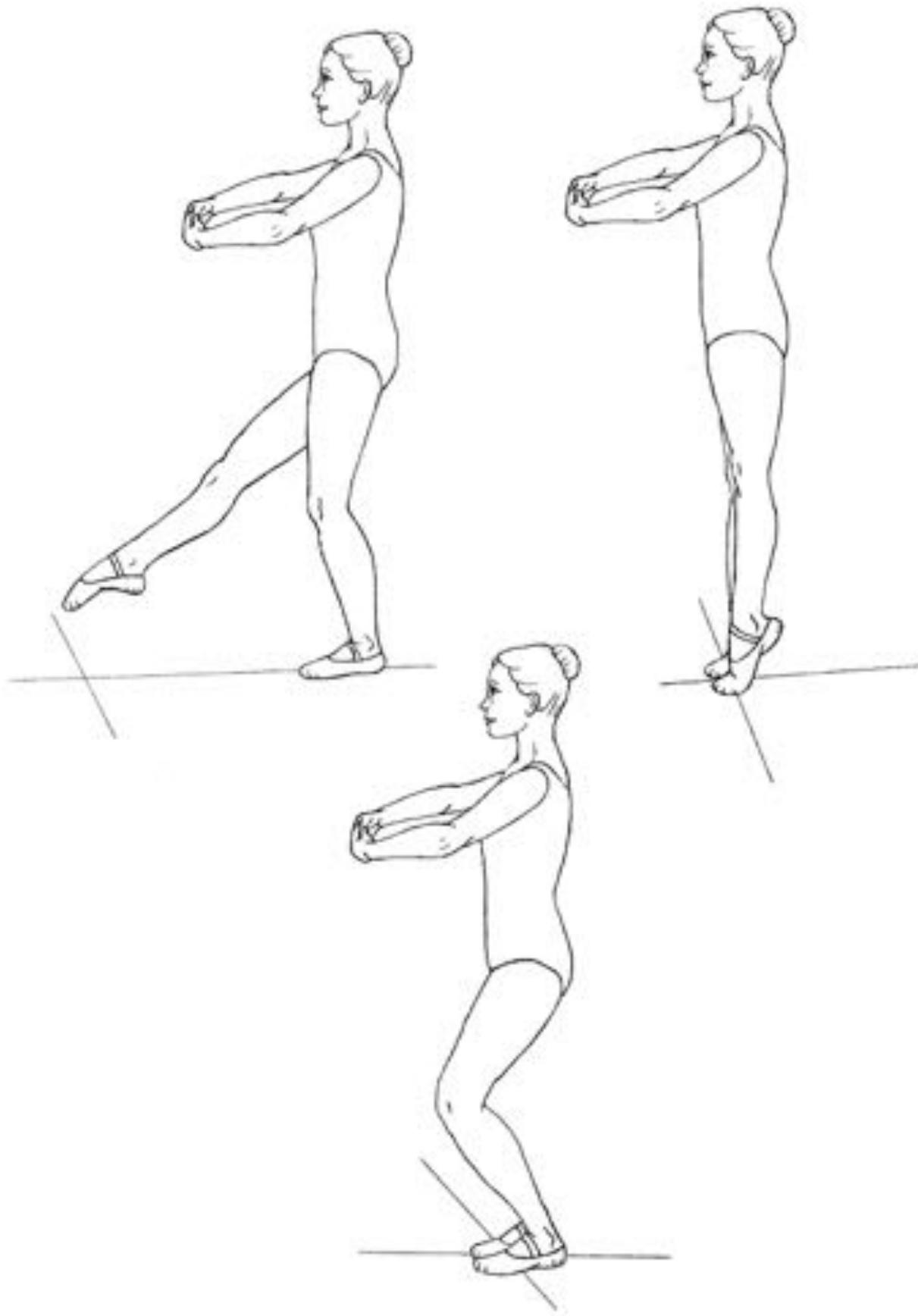
# Flamingo Walk



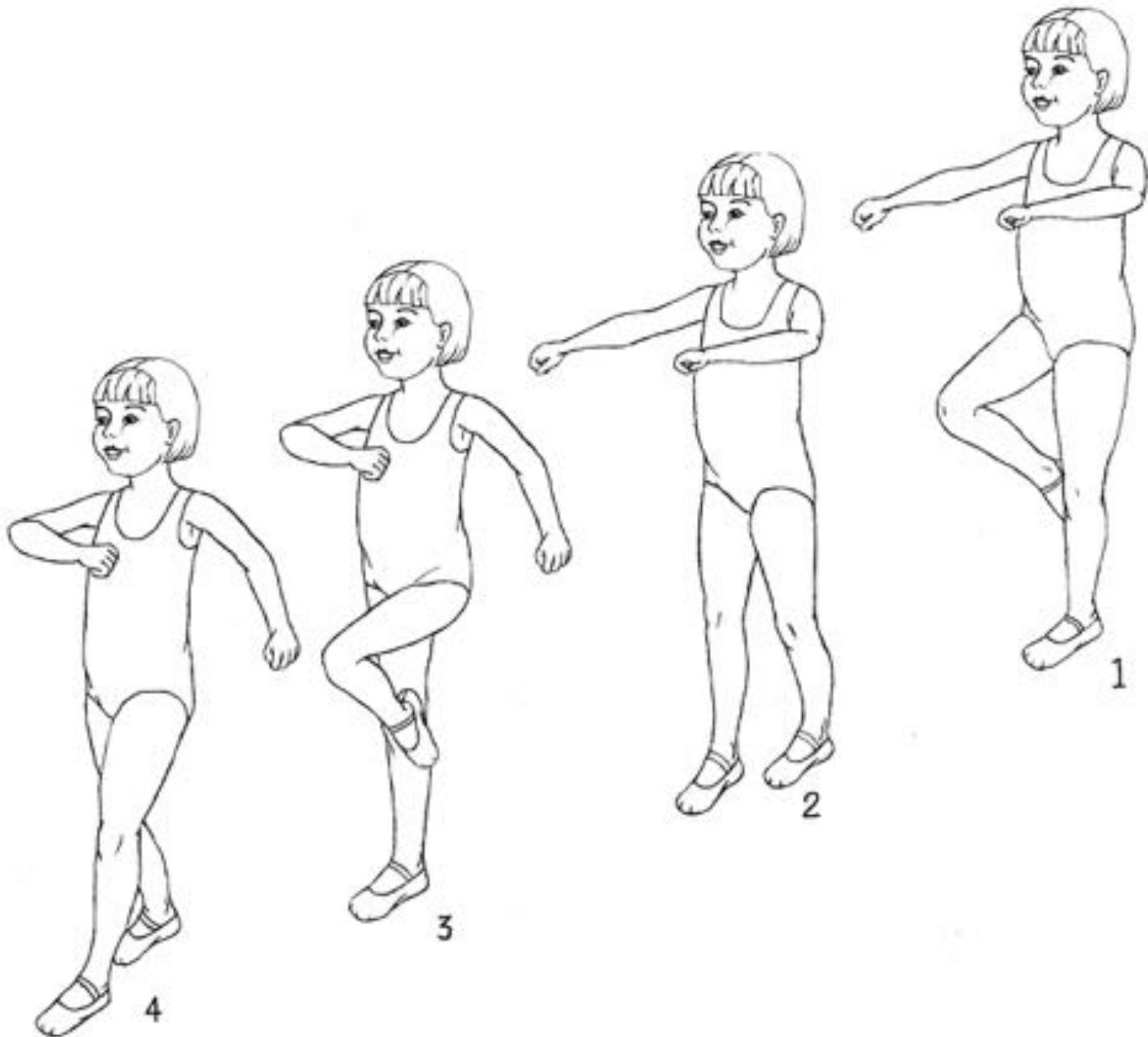
**People Walks**

**vs**

**Dancer Walks**



# Piqué Parallel



# Marching



# Waltz - down, up, up

# Curtsey



# Bow

