



NFAD A- Z Challenge

Pre-Primary & Primary Ballet!

Use your full name to make your own Ballet work out!

- A – ACT like your scared, happy, angry then surprised
- B – BALANCE on one leg and count to 4, then try the other leg
- C – CLAP 8 times, then jump 8 times.
- D – Standing with your feet together DO 16 jumps feet out & in
- E – Walk around the room like an ELEPHANT
- F – Pretend your picking stars from the sky with your FINGERS
- G – Sit on the floor and do GOOD toes or do pony gallops
- H – HOP on one leg 4 times, change legs and do it again, repeat
- I – Dance like an ICE SKATER
- J – JUMP 16 times
- K – Bend your KNEES 4 times then stretch, do this again
- L – LEAP across the room
- M – MARCH 16 times
- N – Sit on the floor and do NAUGHTY toes
- O – Standing, OPEN your legs wide, then shut, repeat 4 times
- P – POINT your right toe, then POINT your left toe, repeat
- Q – Run very QUIETLY around the room
- R – RUN on your tippy toes
- S – Practice SKIPPING with mummy or daddy
- T – TWIRL around 4 times one way, then 4 times the other way
- U – Sit down on the floor, STAND UP, repeat
- V – Do your VERY best pose for the camera
- W – Wiggle
- X – Do something EXTRA special
- Y – YOU do whatever you want
- Z – RUN little tiny step in a zig zag

You can try other peoples names too and even send them to them to make a mini Show! We would love to see them too! Let us know if you are happy for us to post it on our social media pages!

