

BUGS OPENING CIRCLE



Goal: Enthusiastically welcome students and set the tone for class.

BUILDING BLOCKS

- ☐ Welcome families, introduce yourself, and share excitement!
- ☐ Hello Song
- ☐ Put away shakers with appropriate jingle
- ☐ Enrollment Opportunity #1
- ☐ Share the Monthly Focus & Theme
- ☐ Name Song/Activity
- ☐ Baby Sign Reviewed/Introduced
- ☐ Expectations, Benefits, & AAP Milestones
- ☐ Celebrate & Transition to Warm-Up

6 Ls & TEACHING STYLE

- ☐ Laughter/Fun
- ☐ Learning
- ☐ Love
- ☐ Leadership
- ☐ Language
- ☐ Liveliness



Scan here for a training refresher!

***Note:** It is NOT a requirement to check ALL 6L boxes! This is to help determine the instructor's natural teaching style.

BUGS WARM-UP OPTION



Goal: Warm up the body, develop locomotor skills, and grow students' & parents' confidence.

BUILDING BLOCKS

- ☐ Provide clear directions and expectations
- ☐ Incorporate the theme
- ☐ Work with directive music – pausing as needed to seize the moment & grow skills
- ☐ Grow skills by delivering SPF to children & parents, using names
- ☐ Expectations, Benefits, & AAP Milestones
- ☐ Celebrate & Transition

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- ☐ **Laughter/Fun:** Crack a joke, slapstick comedy, instructor is having fun
 - o Examples: Instructor pretends a child's high five knocks them over
- ☐ **Learning:** Teaching grownups how to properly spot (and SPF-ing!), clear PODs
 - o Examples: *"Hands high, touch the sky; hands down, touch the ground..."*
- ☐ **Love:** Uses kids' and grownups' names, gives high-fives or fist bumps after each skill
 - o Examples: *"I am so proud of you for..."*, high-fiving after a child tries the SOF
- ☐ **Leadership:** Give SPF to the grown-ups, giving specific directions, getting visible!
 - o Examples: *"Thanks for clapping along with me, families!"*
- ☐ **Language:** Using baby sign during class, adjusting tone, projecting
 - o Examples: "Fill in the... (blank)", *"Hey, HELP (do the sign) me out with this!"*
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BUGS GROUP ACTIVITY OPTION



Goal: Provide opportunities to grow cooperation, fine motor, & perceptual skills.

BUILDING BLOCKS

- ☐ Provide clear directions and expectations
- ☐ Incorporate the theme
- ☐ Work with directive music – pausing as needed to seize the moment & grow skills
- ☐ Distributes & puts away small equipment efficiently
- ☐ Grow skills by delivering SPF to children & parents, using names
- ☐ Expectations, Benefits, & AAP Milestones
- ☐ Celebrate & Transition

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BUGS LEGS & LOCOMOTION



Goal: Promote strength and flexibility in the muscle groups in the legs and hips.

BUILDING BLOCKS

- ☐ Share expectations for non crawlers and crawlers
- ☐ Work with directive music
- ☐ Lead the parent and their Bugs safely through the specific Leg exercises
- ☐ Grow skills & deliver SPF to children & parents, using names
- ☐ Sprinkle in the benefits and lovingly encourage them to do these at home
- ☐ Encourage crawlers to start exploring

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BUGS EXPLORATION INTRO



Goal: Transition into Exploration by explaining benefits and setting expectations.

BUILDING BLOCKS

- ☐ Revisit the Monthly Focus & Theme
- ☐ Share the purpose & benefits of Exploration
- ☐ Set clear expectations about parent & child participation/music pausing
- ☐ Sing the appropriate jingle, inviting parents to participate
- ☐ Play background music
- ☐ Option: For groups with non crawlers and crawlers, build obstacles using small and large equipment.

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BUGS SKILL TO PRESENT



Goal: Review and practice skills children may have seen in a previous lesson.

BUILDING BLOCKS

- ☐ Pause the music
- ☐ Get the families' attention
- ☐ Demo the skill & share proper safety/spotting
- ☐ Share expectations and benefits
- ☐ Provide skill options or progressions
- ☐ Invite celebration for any volunteers
- ☐ Invite everyone to come try
- ☐ Play background music

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BUGS SKILL OF THE WEEK



Goal: Introduce and try a new skill children may not have done before.

BUILDING BLOCKS

- ☐ Pause the music
- ☐ Get the families' attention
- ☐ Sing the appropriate jingle (invite to sing!)
- ☐ Demo the skill & share proper safety/spotting
- ☐ Share expectations and benefits
- ☐ Provide skill options or progressions
- ☐ Invite celebration for any volunteers
- ☐ Invite everyone to come try
- ☐ Play background music

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BUGS BALLS & BUBBLES



Goal: Grow 3D Skills through a variety of activities with balls and bubbles.

BUILDING BLOCKS

- ☐ Prepare small equipment
- ☐ Review theme/monthly focus
- ☐ Set participation expectations for parents
- ☐ Tell & show skills and benefits
- ☐ Have Serious Fun with the families!
- ☐ Mingle & build relationships
- ☐ If applicable, have enrollment conversations
- ☐ Celebrate
- ☐ Transition with applicable jingles

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BUGS CLOSING CIRCLE



Goal: Summarize the class, and get the class excited and looking forward to next week.

BUILDING BLOCKS

- ☐ Thank, celebrate, and share SPF for the class
- ☐ Review theme/monthly focus
- ☐ Sing the Group Song
- ☐ Review skills & victories
- ☐ Explain and share At-Home Milestone
- ☐ Share next week's theme
- ☐ Sing the Goodbye Song
- ☐ If applicable, have enrollment conversations

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BIRDS OPENING CIRCLE



Goal: Enthusiastically welcome students and set the tone for class.

BUILDING BLOCKS

- ☐ Welcome families, introduce yourself, and share excitement!
- ☐ Hello Song
- ☐ Put away shakers with appropriate jingle
- ☐ Share the Monthly Focus & Theme
- ☐ Name Song/Activity
- ☐ Baby Sign Reviewed/Introduced
- ☐ Expectations, Benefits, & AAP Milestones
- ☐ Celebrate & Transition to Warm-Up

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BIRDS WARM-UP



Goal: Warm up the body, develop locomotor skills, and grow students' & parents' confidence.

BUILDING BLOCKS

- ☐ Provide clear directions and expectations
- ☐ Incorporate the theme
- ☐ Work with directive music – pausing as needed to seize the moment & grow skills
- ☐ Grow skills by delivering SPF to children & parents, using names
- ☐ Expectations, Benefits, & AAP Milestones
- ☐ Celebrate & Transition to Group Activity

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BIRDS GROUP ACTIVITY



Goal: Provide opportunities to grow cooperation, fine motor, & perceptual skills.

BUILDING BLOCKS

- ☐ Provide clear directions and expectations
- ☐ Incorporate the theme
- ☐ Work with directive music – pausing as needed to seize the moment & grow skills
- ☐ Distributes & puts away small equipment efficiently
- ☐ Grow skills by delivering SPF to children & parents, using names
- ☐ Expectations, Benefits, & AAP Milestones
- ☐ Celebrate & Transition to Exploration

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BIRDS SKILL TO PRESENT



Goal: Review and practice skills children may have seen in a previous lesson.

BUILDING BLOCKS

- ☐ Pause the music
- ☐ Get the families' attention
- ☐ Demo the skill & share proper safety/spotting
- ☐ Share expectations and benefits
- ☐ Provide skill options or progressions
- ☐ Invite celebration for any volunteers
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Goal: Introduce and try a new skill children may not have done before.

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BIRDS BALLS & BUBBLES



Goal: Grow 3D Skills through a variety of activities with balls and bubbles.

BUILDING BLOCKS

- ☐ Prepare small equipment
- ☐ Review theme/monthly focus
- ☐ Set participation expectations for parents
- ☐ Tell & show skills and benefits
- ☐ Have Serious Fun with the families!
- ☐ Mingle & build relationships
- ☐ If applicable, have enrollment conversations
- ☐ Celebrate
- ☐ Transition with applicable jingles

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BIRDS CLOSING CIRCLE



Goal: Summarize the class, and get the class excited and looking forward to next week.

BUILDING BLOCKS

- ☐ Thank, celebrate, and share SPF for the class
- ☐ Review theme/monthly focus
- ☐ Sing the Group Song
- ☐ Review skills & victories
- ☐ Explain and share At-Home Milestone
- ☐ Share next week's theme
- ☐ Sing the Goodbye Song
- ☐ If applicable, have enrollment conversations

6 Ls & TEACHING STYLE

- ☐ Laughter/Fun
- ☐ Learning
- ☐ Love
- ☐ Leadership
- ☐ Language
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BIRDS



6L Examples:

- ☐ **Laughter/Fun:** Crack a joke, slapstick comedy, instructor is having fun
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BEASTS/SUPER BEASTS OPENING CIRCLE



Goal: Enthusiastically welcome students and set the tone for class.

BUILDING BLOCKS

- ☐ Welcome families, introduce yourself, and share excitement!
- ☐ Hello Song
- ☐ Put away shakers with appropriate jingle
- ☐ Share the Monthly Focus & Theme
- ☐ Name Song/Activity
- ☐ Baby Sign Reviewed/Introduced
- ☐ Expectations, Benefits, & AAP Milestones
- ☐ Celebrate & Transition to Warm-Up

6 Ls & TEACHING STYLE

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BEASTS/SUPER BEASTS WARM-UP



Goal: Warm up the body, develop locomotor skills, and grow students' & parents' confidence.

BUILDING BLOCKS

- ☐ Provide clear directions and expectations
- ☐ Incorporate the theme
- ☐ Work with directive music – pausing as needed to seize the moment & grow skills
- ☐ Grow skills by delivering SPF to children & parents, using names
- ☐ Expectations, Benefits, & AAP Milestones
- ☐ Celebrate & Transition to Group Activity

6 Ls & TEACHING STYLE

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BEASTS/SUPER BEASTS GROUP ACTIVITY



Goal: Provide opportunities to grow cooperation, fine motor, & perceptual skills.

BUILDING BLOCKS

- ☐ Provide clear directions and expectations
- ☐ Incorporate the theme
- ☐ Work with directive music – pausing as needed to seize the moment & grow skills
- ☐ Distributes & puts away small equipment efficiently
- ☐ Grow skills by delivering SPF to children & parents, using names
- ☐ Expectations, Benefits, & AAP Milestones
- ☐ Celebrate & Transition to Exploration

6 Ls & TEACHING STYLE

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BEASTS/SUPER BEASTS EXPL INTRO



Goal: Transition into Exploration by explaining benefits and setting expectations.

BUILDING BLOCKS

- ☐ Revisit the Monthly Focus & Theme
- ☐ Share the purpose & benefits of Exploration
- ☐ Set clear expectations about parent & child participation/music pausing
- ☐ Sing the appropriate jingle, inviting parents to participate
- ☐ Play background music

6 Ls & TEACHING STYLE

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BEASTS/SUPER BEASTS SKILL TO PRESENT



Goal: Review and practice skills children may have seen in a previous lesson.

BUILDING BLOCKS

- ☐ Pause the music
- ☐ Get the families' attention
- ☐ Demo the skill & share proper safety/spotting
- ☐ Share expectations and benefits
- ☐ Provide skill options or progressions
- ☐ Invite celebration for any volunteers
- ☐ Invite everyone to come try
- ☐ Play background music

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BEASTS/SUPER BEASTS SKILL OF THE WEEK



Goal: Introduce and try a new skill children may not have done before.

BUILDING BLOCKS

- ☐ Pause the music
- ☐ Get the families' attention
- ☐ Sing the appropriate jingle (invite to sing!)
- ☐ Demo the skill & share proper safety/spotting
- ☐ Share expectations and benefits
- ☐ Provide skill options or progressions
- ☐ Invite celebration for any volunteers
- ☐ Invite everyone to come try
- ☐ Play background music

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BEASTS/SUPER BEASTS BALLS & BUBBLES



Goal: Grow 3D Skills through a variety of activities with balls and bubbles.

BUILDING BLOCKS

- ☐ Prepare small equipment
- ☐ Review theme/monthly focus
- ☐ Set participation expectations for parents
- ☐ Tell & show skills and benefits
- ☐ Have Serious Fun with the families!
- ☐ Mingle & build relationships
- ☐ If applicable, have enrollment conversations
- ☐ Celebrate
- ☐ Transition with applicable jingles

6 Ls & TEACHING STYLE

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BEASTS/SUPER BEASTS CLOSING CIRCLE



Goal: Summarize the class, and get the class excited and looking forward to next week.

BUILDING BLOCKS

- ☐ Thank, celebrate, and share SPF for the class
- ☐ Review theme/monthly focus
- ☐ Sing the Group Song
- ☐ Review skills & victories
- ☐ Explain and share At-Home Milestone
- ☐ Share next week's theme
- ☐ Sing the Goodbye Song
- ☐ If applicable, have enrollment conversations

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SPORTY BEASTS OPENING CIRCLE



Goal: Enthusiastically welcome students and set the tone for class.

BUILDING BLOCKS

- ☐ Welcome families, introduce yourself, and share excitement!
- ☐ Hello Song
- ☐ Put away shakers with appropriate jingle
- ☐ Share the Monthly Focus, Theme & Sports Skill Objective
- ☐ Name Song/Activity
- ☐ Baby Sign Reviewed/Introduced
- ☐ Expectations, Benefits, & AAP Milestones
- ☐ Celebrate & Transition to Warm-Up

6 Ls & TEACHING STYLE

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SPORTY BEASTS WARM-UP



Goal: Warm up the body, develop locomotor skills, and grow students' & parents' confidence.

BUILDING BLOCKS

- ☐ Provide clear directions and expectations
- ☐ Incorporate the theme
- ☐ Work with directive music – pausing as needed to seize the moment & grow skills
- ☐ Grow skills by delivering SPF to children & parents, using names
- ☐ Expectations, Benefits, & AAP Milestones
- ☐ Celebrate & Transition to Group Activity

6 Ls & TEACHING STYLE

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SPORTY BEASTS GROUP ACTIVITY



Goal: Provide opportunities to grow cooperation, fine motor, & perceptual skills.

BUILDING BLOCKS

- ☐ Provide clear directions and expectations
- ☐ Incorporate the theme
- ☐ Work with directive music – pausing as needed to seize the moment & grow skills
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SPORTY BEASTS EXPL INTRO



Goal: Transition into Exploration by explaining benefits and setting expectations.

BUILDING BLOCKS

- ☐ Revisit the Monthly Focus, Theme & Sports Skill Objective
- ☐ Share the purpose & benefits of Exploration
- ☐ Set clear expectations about parent & child participation/music pausing
- ☐ Sing the appropriate jingle, inviting parents to participate
- ☐ Play background music

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SPORTY BEASTS SKILL TO PRESENT



Goal: Review and practice skills children may have seen in a previous lesson.

BUILDING BLOCKS

- ☐ Pause the music
- ☐ Get the families' attention
- ☐ Demo the skill & share proper safety/spotting
- ☐ Share expectations and benefits
- ☐ Provide skill options or progressions
- ☐ Invite celebration for any volunteers
- ☐ Invite everyone to come try
- ☐ Play background music

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SPORTY BEASTS SKILL OF THE WEEK



Goal: Introduce and try a new Sports skill children may not have done before.

BUILDING BLOCKS

- ☐ Equipment is properly set up for the Sports Skill of the Week
- ☐ Pause the music
- ☐ Get the families' attention
- ☐ Sing the appropriate jingle (invite to sing!)
- ☐ Demo the skill & share proper safety/spotting
- ☐ Share expectations and benefits
- ☐ Provide skill options or progressions
- ☐ Invite celebration for any volunteers
- ☐ Invite everyone to come try
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SPORTY BEASTS



6L Examples:

- ☐ **Laughter/Fun:** Crack a joke, slapstick comedy, instructor is having fun
 - o Examples: Instructor pretends a child's high five knocks them over
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 - o Examples: *"Hey everyone, did you see [Brooks] try that forward roll??"*

SPORTY BEASTS BALLS & BUBBLES



Goal: Grow 3D Skills through a variety of activities with balls and bubbles.

BUILDING BLOCKS

- ☐ Prepare small equipment
- ☐ Review theme/monthly focus
- ☐ Set participation expectations for parents
- ☐ Tell & show skills and benefits
- ☐ Have Serious Fun with the families!
- ☐ Mingle & build relationships
- ☐ If applicable, have enrollment conversations
- ☐ Celebrate
- ☐ Transition with applicable jingles

6 Ls & TEACHING STYLE

- ☐ Laughter/Fun
- ☐ Learning
- ☐ Love
- ☐ Leadership
- ☐ Language
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SPORTY BEASTS CLOSING CIRCLE



Goal: Summarize the class, and get the class excited and looking forward to next week.

BUILDING BLOCKS

- ☐ Thank, celebrate, and share SPF for the class
- ☐ Review theme/monthly focus/Sports Skill Objective
- ☐ Sing the Group Song
- ☐ Review skills & victories
- ☐ Explain and share At-Home Milestone
- ☐ Share next week's theme
- ☐ Sing the Goodbye Song
- ☐ If applicable, have enrollment conversations

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JAZZY BEASTS OPENING CIRCLE



Goal: Enthusiastically welcome students and set the tone for class.

BUILDING BLOCKS

- ☐ Welcome families, introduce yourself, and share excitement!
- ☐ Hello Song
- ☐ Put away shakers with appropriate jingle
- ☐ Share the Monthly Focus & Theme
- ☐ Name Song/Activity
- ☐ Baby Sign Reviewed/Introduced
- ☐ Expectations, Benefits, & AAP Milestones
- ☐ Celebrate & Transition to Warm-Up

6 Ls & TEACHING STYLE

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JAZZY BEASTS BALLET



Goal: To guide students and adults in Center Floor and Progressions to introduce Ballet basics.

BUILDING BLOCKS

- ☐ Students and adults are positioned so that adult models form and movement
- ☐ Students and adults are given an opportunity to move across floor either independently or following adult
- ☐ Work with directive music – pausing as needed to seize the moment & grow skills
- ☐ SPF and DP on proper ballet technique are offered to both children and adults.
- ☐ Celebrate & Transition

6 Ls & TEACHING STYLE

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JAZZY BEASTS CREATIVE MOVEMENT



Goal: For the children to experiment, explore and express themselves through movement.

BUILDING BLOCKS

- ☐ Follow the Lesson Plan Creative Movement option
- ☐ Instructor infuses their own style of encouraging and inspiring the group
- ☐ Celebrate & Transition to Exploration

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JAZZY BEASTS GROUP ACTIVITY



Goal: Provide opportunities to grow cooperation, fine motor, & perceptual skills.

BUILDING BLOCKS

- ☐ Provide clear directions and expectations
- ☐ Incorporate the theme
- ☐ Work with directive music – pausing as needed to seize the moment & grow skills
- ☐ Distributes & puts away small equipment efficiently
- ☐ Grow skills by delivering SPF to children & parents, using names
- ☐ Expectations, Benefits, & AAP Milestones
- ☐ Celebrate & Transition to Exploration

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JAZZY BEASTS EXPL INTRO



Goal: Transition into Exploration by explaining benefits and setting expectations.

BUILDING BLOCKS

- ☐ Revisit the Monthly Focus & Theme
- ☐ Share the purpose & benefits of Exploration
- ☐ Set clear expectations about parent & child participation/music pausing
- ☐ Sing the appropriate jingle, inviting parents to participate
- ☐ Play background music

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JAZZY BEASTS SKILL TO PRESENT



Goal: Review and practice skills children may have seen in a previous lesson.

BUILDING BLOCKS

- ☐ Pause the music
- ☐ Get the families' attention
- ☐ Demo the skill & share proper safety/spotting
- ☐ Share expectations and benefits
- ☐ Provide skill options or progressions
- ☐ Invite celebration for any volunteers
- ☐ Invite everyone to come try
- ☐ Play background music

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JAZZY BEASTS SKILL OF THE WEEK



Goal: Introduce and try a new skill children may not have done before.

BUILDING BLOCKS

- ☐ Pause the music
- ☐ Get the families' attention
- ☐ Sing the appropriate jingle (invite to sing!)
- ☐ Demo the skill & share proper safety/spotting
- ☐ Share expectations and benefits
- ☐ Provide skill options or progressions
- ☐ Invite celebration for any volunteers
- ☐ Invite everyone to come try
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JAZZY BEASTS BALLS & BUBBLES



Goal: Grow 3D Skills through a variety of activities with balls and bubbles.

BUILDING BLOCKS

- ☐ Prepare small equipment
- ☐ Review theme/monthly focus
- ☐ Set participation expectations for parents
- ☐ Tell & show skills and benefits
- ☐ Have Serious Fun with the families!
- ☐ Mingle & build relationships
- ☐ If applicable, have enrollment conversations
- ☐ Celebrate
- ☐ Transition with applicable jingles

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JAZZY BEASTS CLOSING CIRCLE



Goal: Summarize the class, and get the class excited and looking forward to next week.

BUILDING BLOCKS

- ☐ Thank, celebrate, and share SPF for the class
- ☐ Review theme/monthly focus
- ☐ Sing the Group Song
- ☐ Review skills & victories
- ☐ Explain and share At-Home Milestone
- ☐ Share next week's theme
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