

# Lesson Two

Alignment • First Position • Plie • Gentleness

## Mind



Parent sign here if completed to parent satisfaction

### *Ballerinas think about...* **Pointed Toes**

Any time your foot is off the ground, your toe should be fully pointed! We talked about "articulation:" the ability to control pointing your ankle and your toes, in every exercise, all the time!

### *For extra practice!*

Sit on the floor and point your toes. Wrap a theraband around the top of one foot, cross it, and pull it back toward you. Now point/flex your toes slowly 8 times. Repeat on the other foot.



## Body

### *Show me* **Second Position** *Show me a* **Tendu**

Second position is like first position, but your feet are a shoulders width apart, and your arms are curved, but out to the side (like you're gracefully showing how big your fish was!)

From first position, do 8 tendus on the right foot, and then 8 tendus on the left foot. Remember your alignment and pointed toes!

*For extra practice!*



## Spirit

### *Gentleness means...*

I am **careful** with my actions and my words

In class, we did develop while trying not to ring the bell. It took a lot more strength to be gentle than it did to be sloppy! It takes a lot more spiritual strength to have gentleness as well. But the Holy Spirit gives believers that strength.

*Fruit of the Spirit: Gentleness*

### *For extra practice!*

for example, look on the back!

"It's hard to be gentle when \_\_\_\_\_"

"Instead, this week when \_\_\_\_\_ I will \_\_\_\_\_"

### *Fruit of the Flesh: Dissensions*

*Sometimes in ballet*

*people can get competitive and focus on tearing people down rather than building people up. This causes dissensions: working against each other. Instead, a Spirit-filled dancer will be encouraging!*

*Ask Your Dancer!*

- Show me pointed toes
- Show me a tendu
- Show me second position
- What is gentleness? "I am..."



practice video

# Review Quiz 2



Show me a plie

What is gentleness?

Show me second position

What is self control?

What is this? →



## Examples of Gentleness

"Its hard to be gentle when **playing with my baby sister, because I think its fun to squish her.**"

"Instead, this week when **I play with baby** I will **be careful to not hug her too tight**"

"Its hard to be gentle when **my brother keeps tapping on the table over and over again.**"

"Instead, this week when **something annoys me** I will **be careful to speak gently**"

"Its hard to be gentle when **helping my sister read, because it seems so easy!**"

"Instead, this week when **my sister asks for help** I will **be gentle with her when she's frustrated**"

"Its hard to be gentle when **setting the table, because I like to run.**"

"Instead, this week when **setting the table** I will **be careful to walk slowly**"