

Lesson One

Mind

Ballerinas think about... **Control**

Ballet is not about speed, it is about control. Whenever there is movement, it should be intentional and controlled. You should be able to do a plie extremely slowly, you should be able to move your arms with intentionality - every movement should be slow & controlled.

At Home Practice

Wrap theraband around the top of your foot, lay on your back, lift and lower your leg slowly and controlled 12 times. Repeat on other side.

Body

Show me the... **Positions (1, 2, 4, 5)**

In first position, your heels are together and your toes are apart. Second position is like first, but your legs are shoulder width apart. Fourth position is like first, but your legs are one-foot-span in front of each other. Fifth is like fourth, but with your feet touching.

At Home Practice

Positions: Plié, roll up to half toe staying in plié, stretch knees, lower down. Twice through, then the reverse twice. Repeat in all 5 positions. (Include parallel)

Spirit

"He fills your years with good"

Isabella Rina had an incredibly wonderful day following her professional ballerina sister through the backstage of a performance hall. Her day was filled with so much good! Why? Not because Isabella was so awesome - she didn't even have a backstage pass! Everything good that day, was given by her sister. Her sister filled Isabella's day with good. In the same way, everything good in our world is given by God. God fills our years with good!



In regular life, when should I recite,
“He fills your years with good”

Goodness

This whole Psalm is about the goodness of God. How do we know God is good? Well, this Psalm asks us to think about all His good things: if anyone gets healed, it's because God did it! If there's anything beautiful in the world, it's because He made it! If we are forgiven from our sins, it's because of His sacrifice!

One way we can very easily see the goodness of God, is by seeing all the good things he has made! This week, when you see good things, remember it's God who “fills your years with good!”

Example 1



Example 2



Your Turn!



Talley Up!

How many times did you see something good and think “God fills our years with good?”

Lesson Two

Mind

Ballerinas think about... Pointed Toes

Any time your foot is off the ground, your toe should be fully pointed! Your ankle should be fully pointed and tilted outwards (not bent in like a golf club).

At Home Practice

Wrap theraband under the bottom of your toes, point and flex 20 times, both feet. Wrap theraband around the top of your toes, keep your ankle pointed and flex and point just your toes 20 times, both sides.

Body

Show me a... Coupe, Passe

In a coupe, you are standing on one foot, the other foot is pointed, and its toe is touching the inner ankle bone of your standing foot. In a passe, that leg is lifted higher, so your pointed toe is touching your standing leg's knee.

At Home Practice

Find your balance in coupe with a flat foot for 8 counts, lift to passé and find balance for 8 counts. Repeats on other side. Try again on relevé if you'd like!

Spirit

"Bless the Lord, and forget not all his benefits."

This week Isabella Rina went to class with a world renown ballet master! She had heard so much about all the benefits of taking lessons with her. But in class, the Ballet Master asked her to do things that seemed very random and easy. Some dancers grumbled, but Isabella encouraged her classmates **not to forget all of the teacher's benefits**. Instead, they needed to **"bless"** her (agree that she's good at what she does), and trust that following her is best.



In regular life, when should I recite,

“Bless the Lord and forget not all his benefits”

Bless the Lord

Remember last week we saw how good God is? We can tell God is good because everything God designs, from family to flowers, is so good and beautiful!

But sometimes, what God asks us to do doesn't seem good. Sometimes it seems hard, and it's easy to forget all of God's benefits: to forget that God's way is actually good!

That's when we need to remember to “Bless the Lord!” To “bless” something means you agree that it's good! So, next time it seems hard to obey God, remember to “bless the Lord and forget not all his benefits!”

Example 1

When you see  Something hard (like cleaning up when asked)

You can think “Bless the Lord, and forget not all his benefits”

Remember? God IS good. So that is the good thing to do!

Example 2

When you see  Something hard (like being patient with your sister)

You can think “Bless the Lord, and forget not all his benefits”

Remember? God IS good. So that is the good thing to do!

Your Turn!

When you see  Something hard _____

You can think “Bless the Lord, and forget not all his benefits”

Remember? God IS good. So that is the good thing to do!

Talley Up!

How many times did you see something hard and think “Bless the Lord?”

Lesson Three

Mind

Ballerinas think about... Straight Knees

Whenever your leg is not intentionally bent, it should be perfectly straight!



At Home Practice

Wrap theraband around your right toes, lay on your left side and hold the ends of your band in your right hand against the floor. SLOWLY go from passé to extension and back 16 times. Repeat on other side.

Body

Show me a... Tendu, Grand Plie

A tendu is when one foot is pointed out straight in front of you. A Grand Plie is like a plie, but your knees bend just far enough that your heels come off the ground.

At Home Practice

From 1st position do 2 slow tendus front, then grand plié, repeat side, back, and side. Repeat on other leg.

Spirit

"He does not treat us as our sins deserve"

This week, Isabella Rina went to a master class with a traveling ballet master. A new student joined the elite Ballet class - but she defiantly broke every rule in the hand book! Afterwards, that student complained to Isabella how mean everyone was to her. Isabella was horrified! She knew the Principal had every right to expel her from the school! But Isabella Rina was amazed by the Principal's compassion: he **did not treat her as her sins deserved**, but allowed her another week in class.



In regular life, when should I recite,

“He does not treat us as our sins deserve”

Our Sins Deserve

Last week, in that “hard” moment, we remembered that God is good, and His way is good! But sometimes, we do forget God’s benefits, and we do sin. When we sin, we need to remember that because God is good, he has to punish bad.

When you sin, that is VERY bad, and your sin deserves for you to live in a perfectly bad place called hell. If you sin and are still alive afterwards, that shows that God “did not treat us as our sins deserve.” Instead, He was very gracious and is giving you a chance to repent. When we sin, we need to remember what “our sins deserve.”

Example 1

When you see *You’ve sinned*
(like getting angry because you couldn’t have a snack)

You can think
He does not treat us as our sins deserve

Our sins deserve for us to live in a perfectly bad place (hell).



Example 2

When you see *You’ve sinned*
(like complaining about school)

You can think
He does not treat us as our sins deserve

Our sins deserve for us to live in a perfectly bad place (hell).



Your Turn!

When you see *You’ve sinned*

You can think
He does not treat us as our sins deserve

Our sins deserve for us to live in a perfectly bad place (hell)



Talley Up!

How many times did see you’ve sinned and think “He does not treat us as our sins deserve?”

Lesson Four

Mind

Ballerinas think about... Posture

Good ballet posture means that your shoulders are down and back, your neck is tall, your ribcage is down and in, and your abdominals are sucked in. A lot to think about!

At Home Practice

Hold your theraband in both hands, shoulder width apart above your head, pull your elbows in line with your shoulders keeping your hands above your elbows making a field goal shape with your arms.

Body

Show me a... Echape

For an echape, begin in first position, plie, jump, and land in second position. From there, plie, jump, and land back in first position. You can do the same thing from fifth position to fourth position.

At Home Practice

start in 5th position right foot front. Do 8 échappés to 2nd, then 4 to 4th right foot front, then 4 to 4th left foot front.

Spirit

“Slow to anger... He does not chide forever”

This week Isabella Rina noticed something odd about barre work. After class, as the students talked, she realized that everyone, including her, WANTED to be corrected by the teacher! To be corrected by the teacher showed that the teacher thought they were ballerinas worth investing in, and students she thought would succeed! That day, Isabella Rina saw the heart behind corrections. Her teacher was not **angry** at them while correcting, nor did she **chide forever**, but wanted them to grow & succeed!



In regular life, when should I recite,

“The Lord is compassionate and merciful”

Compassionate & Merciful

Last week we realized that every time we sin we deserve to die, but God does not treat us as our sins deserve, and instead is giving us a chance to repent! This verse shows us how God feels and acts if we do humbly repent. It can be scary to confess to someone if we think they'll get mad at us. But if we go to God and agree with him that we've sinned, we can know that God is compassionate. God isn't a big angry monster in the sky! He is like a gentle Father toward those who are willing to say that they've sinned. So when you confess your sin, remember that “the Lord is compassionate and merciful.”

Example 1



Example 2



Your Turn!



Talley Up!

How many times did you confess your sin and think “The Lord is compassionate and merciful?”

Lesson Five

Mind

Ballerinas think about... Eye focus

A ballerinas eyes are one of the distinguishing markers between a student and a professional! Your eyes should by default look out and up toward the upper corner of the room, but for port de bras exercises, your eyes should follow the tips of your fingers.

At Home Practice

Do 4 beautiful full port de bras gracefully with both arms while following your right fingertips with your eyes the entire time. Repeat while following your left fingers. Reverse the port de bras.

Body

Show me a... Port De Bra

First Port De Bras means your arms gracefully float from En Bas (down as if you are carrying a bundle of flowers) to first (in front of your belly button) out to second (to the sides), and then float back down to En Bas.

At Home Practice

Watch this variation, and follow along with the arms!



Spirit

“He remembers we are but dust”

This week, Isabella Rina gets an opportunity to help out as an assistant in the Tiny Dancers class! Two students dance very differently: one assumes that Isabella is disappointed in her for being such a terrible dancer, and spends all her time looking at her self and how terrible she is. The other girl knew that Isabella **remembered she was but** a Tiny Dancer, and that dancer spent all her time watching Isabella dance, and imitating her to the best of her ability in sheer delight!



In regular life, when should I recite,
“He remembers we are but dust”

Big and Little

We’ve talked about sin, and the importance of confessing our sin to our compassionate and merciful God! But sometimes, when we ask for forgiveness again and again, we can start to get discouraged. We can almost start to imagine that God is annoyed by us and how weak we are. But this verse tells us that when we humbly agree with God about our sin, His attitude toward us is kind and tender. He remembers that we were made from dust. Next time you see something huge, take a moment to remember how big God is, and know that even though he is so big, he knows we are so small. “He remembers we are but dust.”

Example 1

When you see *Something big (like the sky)*



You can think “He remembers we are but dust”

God knows that we are little and He is big

Example 2

When you see *Something big (like a sunset)*



You can think “He remembers we are but dust”

God knows that we are little and He is big

Your Turn!

When you see *Something big*



You can think “He remembers we are but dust”

God knows that we are little and He is big

Talley Up!

How many times did you see something big and think “He remembers we are but dust?”

Lesson Six

Mind

Ballerinas think about...

Turnout

Turn out means that your toes are always pointed outward from your body, rather than inwards like a golf club. To practice good turnout, lift one leg, rotate from your hip to make your feet turn out, and then set that foot back down.

At Home Practice

Ask a parent or sibling to help you. Lay on your back with your legs in “butterfly position”. Have your partner press down on your knees until you feel a good stretch. Press your knees up against your partner as hard as you

Body

Show me a...

Battu

Begin by doing a plie in second position. Then, jump, allow your feet to quickly meet each other in the air, and then land back in second position.

At Home Practice

Tie your theraband loosely around your ankles, practice 16 controlled battus against the band on each leg. BONUS: Tie theraband around your thighs and practice your battu jumps!

Spirit

“He made known His ways to Moses”

This week Isabella Rina and her friend went backstage at a performance, and accidentally met an extremely famous Ballet dancer: Trisha Rackett! But Isabella didn't know who she was talking to, and instead acted proudly showing off how much she knew and saying that she probably knew more ballet than Trisha did. Afterwards, Isabella found out who they had been talking to, and felt extremely embarrassed and humbled. In the same way, we must remember who we pray to! We pray to the same God that **made known His ways to Moses.**



In regular life, when should I recite,
“He made known His ways to Moses”

Who are you talking to?
 How do we know that God is compassionate and merciful? Because of what the Bible says about him! Think of how patient God was with the Israelites during the time of Moses. Think of how God rescued them from Egypt so dramatically, and then was firm yet patient when they sinned... before you pray, you should remember: THAT is the same God that you are about to talk to! Before you pray, take a moment to remember Who it is you are talking to. You are about to speak to the same God who “made known his ways to Moses!”

Example 1

When you see *It's prayer time (like at dinner)*



You can think *“He made known His ways to Moses”*

Remember Who you are talking to!

Example 2

When you see *It's prayer time (like at church)*



You can think *“He made known His ways to Moses”*

Remember Who you are talking to!

Your Turn!

When you see *It's prayer time*



You can think *“He made known His ways to Moses”*

Remember Who you are talking to!

Talley Up!

How many times did you pray and think “He made known His ways to Moses?”

Lesson Seven

Mind

Ballerinas think about... Tripod Foot

Look at the bottom of your foot for a moment. I want you to picture that there are three dots on your foot: one on your heel, one on the ball of your foot, and one on the outside pad of your foot. All three of those dots should always be touching the floor of your standing leg in ballet!

At Home Practice

Lay your theraband out in front of you vertically, place your heel on the floor at one end and use your other 2 foot points to drag the other end of the band to you. 1-3 times.

Body

Show me a... Pique

In a pique, you start in a tendu, briefly raise your foot off the ground 3 or 4 inches, and set it immediately down again. The movement should be upwards focused, and fast enough that you look like you just burnt your toe!

At Home Practice

Practice 8 sharp and controlled piques front, side, back and side, with both legs.

Spirit

“The Lord works justice... for all who are oppressed”

This week Isabella Rina finds out if she made Honor Roll! But shortly before the scores were counted, two mean girls came up, made fun of her, and changed her scores on the teacher’s sheet! At first, Isabella wanted to get angry and yell at them, but then she looked across the room and saw that the teacher was watching from a distance. Isabella knew that they were about to get in big trouble - the teacher **would work justice!** Isabella’s job was just to make sure that the teacher would have



In regular life, when should I recite,

“The Lord works justice for those who are oppressed”

The Lord works justice

Last week we saw it was important to remember who God is before we pray. It is also important to remember who God is when people sin against us! Sometimes, when someone steals from us or treats us unfairly, it's easy for us to sin in our response. Instead, when someone sins against us, we should remember that God will judge those who sin. So if they are sinning, God will judge them. But if we sin in the way we respond, then God will judge us too! Our job is just to obey the Lord, knowing that “the Lord works justice for those who are oppressed.”

Example 1

When you see

Someone sinned against you (like taking your picture and scribbling on it)

You can think

“The Lord works justice for those who are oppressed”

God will judge sin. So I just need to make sure I'M not sinning!



Example 2

When you see

Someone sinned against you (like someone messing up your room)

You can think

“The Lord works justice for those who are oppressed”

God will judge sin. So I just need to make sure I'M not sinning!



Your Turn!

When you see

Someone sinned against you _____

You can think

“The Lord works justice for those who are oppressed”

God will judge sin. So I just need to make sure I'M not sinning!



Talley Up!

How many times did you see someone sin against you and think “The Lord works justice?”

Lesson Eight

Mind

Ballerinas think about...

Core

A ballerina's core ought always to be engaged. Practice your best ballet posture, and then have a sibling gently poke your tummy. It should be firm not squishy!

At Home Practice

Lay on your back, reach your right arm and left toes as high to the ceiling as you can and touch them at the top. Alternate right and left for a total of 30.

Body

Show me a...

Glisse

This is a traveling step. Start by a plie in fifth position. Then brush your right foot out, make a small jump, land on that right foot and bring your left foot back to fifth position plie.

At Home Practice

Tie your theraband around your knees, from 1st position do 1 glisse front side back and side, twice both sides. Take band off and repeat.

Spirit

"His days are like grass"

This week Isabella Rina had the best performance she'd given so far! She danced so well, and everything came together wonderfully. But once the performance was over, she realized how sad it was to be done. All those **days** of work were just **like grass**: gone. Eventually she realized that that's okay. It's okay to enjoy beautiful things on this earth, but to remember in the process that it won't last forever.



In regular life, when should I recite,
“His days are like grass”

It Will End

God is so good - even though He could have made the world miserable because we are sinners, instead He made this world full of so much fun joyful things! But it's important to remember, that everything on this earth: every new toy, every pretty dress, every person... is here for a short time, and then eventually it will go away.

So it's good to enjoy God's gifts! But we need to remember that “it's days are like grass.” They will go away, and that's okay. Our job is to be Godly while they're here, and be Godly when they go away too.

Example 1

When you see *Something fun (like biking)*



You can think “His days are like grass”

Example 2

When you see *Something fun (like spinning in a twirly dress with your sister)*



You can think “His days are like grass”

Your Turn!

When you see *Something fun*

You can think “His days are like grass”



Talley Up!

How many times did you see something fun and think “His days are like grass?”

Lesson Nine

Mind

Ballerinas think about... Pelvic Posture

It is easy in ballet for your pelvis to stick out as you aim to have good posture. Instead, the pelvis should always be tucked under!

At Home Practice

Lay on your back with your feet propped up like for crunches, tuck your pelvis to lift your back off the floor as high as you can while keeping your core tight, then roll back down. 20 times.

Body

Show me a... Chaine

To do a chaine, start in first position, do a releve, transfer your weight to one foot, and then pivot 180 degrees on that foot so you're facing the opposite direction. Then, shift weight to the other foot, and pivot in that same direction again. Travel across the room like this!

At Home Practice

Balance in 1st for 8 counts, point right foot and hold for 8 counts, switch to left for 8 counts. Practice chaines in whatever space you can.

Spirit

"Those who fear Him... and remember to keep his commandments"

This week Isabella Rina has another rehearsal for her role in the 2 Kings Production. But this day is her dress rehearsal, and they will practice with a very unique prop: real fire. Isabella knows how powerful fire is, and she **remembers to keep** her choreography very precisely, because she has a healthy **fear** of the powerful nature of fire. Her fear is not paralyzing - she has an amazing time dancing her heart out! But she fears the fire enough to recognize the importance of keeping her choreo.



In regular life, when should I recite,
“The steadfast love of the Lord is from everlasting to everlasting”

Everlasting

Last week we saw that most of the fun things we enjoy on this earth will go away after a while, and that’s okay. But there are some kinds of beauty in the world that we will be able to enjoy forever: God’s character! The more mature you get, the more you will find it so beautiful to see God’s character on display through the people made in his image. And that is the beauty of God’s character, which will last forever! When we see people having Godly character, we can remember that “the steadfast love of the Lord is from everlasting to everlasting.”

Example 1

When you see

Godly Character
(like loving parents)



You can think

“The steadfast love of the Lord is from everlasting to everlasting”

God and His character will last forever!

Example 2

When you see

Godly Character
(like a Mom who works hard even when she’s tired)



You can think

“The steadfast love of the Lord is from everlasting to everlasting”

God and His character will last forever!

Your Turn!

When you see

Godly Character

You can think

“The steadfast love of the Lord is from everlasting to everlasting”

God and His character will last forever!



Talley Up!

How often did you see Godly character & think “The steadfast love of the Lord is from everlasting...”

Lesson Ten

Mind

Ballerinas think about... Arm Position

Arm position is another major distinguishing factor between beginners and advanced ballerinas! A ballerina's arm ought to be just slightly bent at the elbow and wrist, and slightly lower than shoulder height, such that a drop of water would trickle down slowly.

At Home Practice

Find a mirror where you will be able to watch your arm movements. Practice a very placed full port de bra while just watching your arm placement 8 times. Repeat watching your fingertips with graceful arms.

Body

Show me a... Port De Cort

For Port De Cort, stand at the barre with one hand. The other arm begins in 2nd position. Bend your body in half forward, scoop the arm downward, and then as you straighten back up, your arm should cross in front of your face and reach up to 5th. Open to 2nd, and begin again.

At Home Practice

Place one hand on a support. Port De Cort forward in 1st being sure not to push your hips back, side keeping shoulders stacked, and back keeping good pelvic posture. All positions and both sides.

Spirit

"His kingdom rules over all"

This week Isabella Rina waited with eagerness for her first look at the choreography she had been assigned. When she saw the video, however, she couldn't help but feel disappointed. It looked like she just stood there and did random things with her arms. However, she faithfully learned it, and when she went to the first rehearsal, she was absolutely amazed! Though her choreography alone looked sad and random, when it was put together, it created something incredible! Sometimes, things seem sad and random. But God's kingdom rules over all, and God's plan is indeed something incredibly beautiful!



In regular life, when should I recite,
“His kingdom rules over all”

God is in Control

Godly parents love their children, but does that always mean they always make us happy? No! Parents might say no if we ask for too much candy, because they know it will make us sick. They might say no to going to the park, because they have a surprise waiting for us at home. They might have to discipline us because they know it will save us from sin and pain in the future. If we love and trust our parents and know that they are in control of whatever situation made us sad, we can be okay. In the same way, God is in control of everything, but sometimes sad things still happen. We can remember “His kingdom rules over all.” God is good and in control.

Example 1

When you see **Something sad**
 (like you can't go to the playground)

You can think
“His kingdom rules over all”

God is in control of this, and I trust Him.

Example 2

When you see **Something sad**
 (like your friend moving away)

You can think
“His kingdom rules over all”

God is in control of this, and I trust Him.

Your Turn!

When you see **Something sad**

You can think
“His kingdom rules over all”

God is in control of this, and I trust Him.

Talley Up!

How many times did you see something sad and think “His kingdom rules over all?”

Lesson Eleven

Mind

Ballerinas think about... Pleasant Faces

As you near the final performance, this is a great time to consider what facial expressions you make while you dance! A dancer's face ought always to carry a pleasant and joyful expression. It can be helpful to video tape yourself, and watch your face!

At Home Practice

Ask a parent or sibling to watch you do a 1 minute plank with a smile. If they catch you make an "unpleasant face" like biting your lips, take a 30 second break and try again!

Body

Show me a... Cabriol

Begin with a plie in first, then jete front, jump, and let your standing leg briefly meet your extended leg in the air before landing back in that standing leg plie with the jete still extended. Then close, and begin again.

At Home Practice

Find something to use as a barre, practice 3 cabrioles with your left foot up, then switch to the right. Repeat, then repeat once more without the support of the barre.

Spirit

"Bless the Lord, all His works"

This week Isabella Rina was given the amazing privilege of choreographing her own work for the Tiny Dancer's class! In the end, she was SO pleased with how it turned out! No, the dancers weren't perfect, but Isabella found herself watching and re-watching the video of that final performance, truly rejoicing and feeling like **her works** were a masterpiece.



In regular life, when should I recite,
“Bless the Lord all you His works!”

Bless the Lord!

We have seen God’s goodness in so many ways in this Psalm. He makes good things, His commands are good, and He is so good in the way He treats us - even when we sin against Him. At the end of this Psalm, the Psalmist goes around to everything living that God created, and tells them to “Bless the Lord!” We can do the same thing. If we are amazed by God’s goodness, we can go around to every person, creature, and every “work” that God has created, and encourage them to recognize that God is good! “Bless the Lord all you His works!”

Example 1

When you see *a being God made (like your baby sister)*



You can think “Bless the Lord all you His works!”

Example 2

When you see *a being God made (like a kitty)*



You can think “Bless the Lord all you His works!”

Your Turn!

When you see *a being God made*



You can think “Bless the Lord all you His works!”

Talley Up!

How many times did you see a being God made and think “Bless the Lord all you His works!”