



Ivy Dreamers Fall 2023-24 Block Schedule

8am - 9am
Music & Dance
Coach JoJo
Ages 2 - 5

This artist block will have your little one dancing and learning how to regulate their mood and behavior with this customized, arts-integrated SEL program. Coach JoJo (Our SEL Coach - Jordan Grasse) engagingly offers tips and tricks designed to help your child calm their stress, fear, and anxiety, all the while having SO MUCH FUN dancing and showing off their favorite moves! The goal is not perfect dance moves, rather, having the COURAGE to move and be proud of the body, voice, and gifts each child has been given!

9:15am - 10:15am Mon/Wed/Fri
Circus Arts/Affirm & Declare
Coach Ehrlich & The PA Team
Ages 2 - 5

This one-hour block is split up into two sessions: 30 minutes of "Circus Arts" and 30 minutes of "Affirm & Declare." This block goes hand-in-hand with ensuring that your child will become free to express themselves not only verbally, but also with their kinesthetic intelligence (body language/control). Coach Ehrlich comes to Ivy Dreamers straight from The Wynn's box office hit, "[Awakening](#)" and the hit TV show, "[America's Got Talent.](#)" Coach Ehrlich will have your artist diving into creativity never before unleashed with his signature "Leviwand" and other engaging circus arts activities. After 30 minutes of focusing on body confidence and skill, your child will join a confidence-building, public speaking block that mixes educational content into fun and games. They'll be so engaged in their call-and-response games that they won't even realize they're learning essential skills and knowledge!

9:15am - 10:15am Tues/Thurs
Mind, Body & Movement/Affirm & Declare
Coach JoJo & The PA Team
Ages 2 - 5

This one-hour block is split up into two sessions: 30 minutes of "Mind, Body & Movement" and 30 minutes of "Affirm & Declare." This block goes hand-in-hand with ensuring that your child will become free to express themselves not only verbally, but also with their kinesthetic intelligence

(body language/control). Coach JoJo comes to Ivy Dreamers with not only a strong background and education in mental health and SEL (Masters Degree in Clinical Mental Health Counseling and pursuing her Ph.D), but is also a former competitive gymnast and fitness competitor, who is passionate about coaching mindfulness, healthy habits, and self-care. After 30 minutes of focusing on body confidence and skill, your child will join a confidence-building, public speaking block that mixes educational content into fun and games. They'll be so engaged in their call-and-response games that they won't even realize they're learning essential skills and knowledge!

10:30am - 11:30am

Sing, Learn, & Play

The PA Team

Ages 2 - 5

Who said that learning isn't fun?! This artist block was designed by our Founder/CEO, Pilita Simpson, from her experience working with Sesame Workshop, getting her Masters from Harvard in Arts in Education, and her almost 10 years performing for Walt Disney. In this one-hour block, every activity has been created to arts-integrate academic content. When you pair educational information with song, dance, visual arts, and other engaging activities that ignite the emotion-center of the brain (the limbic system), your learner will retain and recall that information more easily throughout their life. Every week has a different letter, sight word, number, special skill, and theme! We incorporate this academic content into our arts mediums, and they don't even realize they're learning through play! This mix of crafts, theater games, writing exercises, and songs will have your artist singing their way towards success!

12:15pm - 1:15pm

Theater/Improv & Gross Motor Play

The PA Team

Ages 2 - 5

Once again, this one-hour block mixes arts in education while academic content from the beginning portion of the day is "acted out" onstage, on-camera, and on their feet with hilarious theater and improv games! Artists design their own crafts and performances based on guided-content provided by the coaches. From choosing their own costumes to character voices to songs, every artist will feel like a producer, director, and superstar! Creating their own content around academic themes gives them agency and ownership over their learning, which creates confidence and the knowledge that they can accomplish anything they set their minds to!

1:30pm - 2:30pm
Crafty Dance/Music Theory & Choir
Coach Jenny & The PA Team
Ages 2 - 5

This afternoon block features two sessions: Crafty Dance with Coach Jenny, and Music Theory & Choir. Developing a young child's fine motor skills, gross motor skills, and sense of self has never been more important. Coach Jenny has designed a unique curriculum with her "Crafty Dance" module, instilling confidence in a child through strengthening their fine and gross motor skills with unique hand-made crafts. Not only will Coach Jenny show our artists how to create their own toys/crafts, but she will show them best practices in creating their own personality and sense of self! Every choice reflects the learner/artist who made them, and Coach Jenny applauds every unique choice from her diverse group of learners! All are welcome! We then move into 30 minutes of Music Theory & Choir, which helps train the brain to recognize patterns through fun music theory scales, as well as catchy sing-a-longs!

2:30pm - 3:30pm
Spanish, Singing & Sign Language
Coach Maria/Kim & The PA Team
Ages 2 - 5

Spanish, Singing & Sign Language further encourages empathy and diversity, acknowledging the different ways people communicate and connect with each other. Coach Maria and Kim are passionate about sharing their knowledge of Signing and the Spanish language, guiding children through common, everyday phrases and greetings. When set to song, these lessons become fun, engaging activities that the kids look forward to every day!

3:30pm - 4:30pm
Mind, Body & Movement
Coach Faith & Maria
Ages 2 - 5

This artist block ensures that your child will become free to express themselves not only verbally, but also with their kinesthetic intelligence (body language/control). We create habits of thinking that serve them positively in the outside world. For example, impulse control will allow them to create habits of responding versus reacting to stimuli and situations that may cause them fear or anxiety. Encouraging habits of deep breaths in times of stress also give their brains time to process emotions and motivations, allowing space for empathy and understanding. That being said, we craft these lessons into engaging musical experiences that have them moving, stretching, and strengthening not only their physical muscles, but working on their brain strength as well!

4:30pm - 5:30pm
Music & Dance
Coach Maria
Ages 2 - 5

Shake out your sillies and sing your way into a more confident version of you with this upbeat and engaging Music & Dance artist block! You'll learn basic dance techniques while jamming out to your favorite songs. We begin to learn patterns and choreography to work on their kinesthetic intelligence, pairing mirror work with positive affirmations! We bring out props and music makers to reinforce rhythms and working together as a team to create sounds and patterns together.

We learn the benefits of collaboration as we create group numbers together and perform in small groups for one another!