



The Groove for kids facilitator training

Part 2: Grooving kids ages 7-11

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This is why we call this age group:
THE ROCKSTARS!

It's almost guaranteed kids between the ages of 7-11
will LOVE to GROOVE and totally ROCK OUT!
They love the FREEDOM to express themselves
creatively and will most likely do whatever you ask
them to do, with enthusiasm!

I'd encourage you to start your practice classes with
kids of these ages as chances are, they will make your
first times grooving kids very enjoyable!

press play



Grooving with kids ages 7-11

The focus of this age group shifts to exploring diverse energies through different styles of music, building confidence and creating dynamic partner interactions.

I will typically...

- Invite gentle hand holding connections for partner dances (tango & waltz) and facilitate songs like "Lean on me" with back to back grooving
- Teach more complex rhythms (examples: S,S,Q,Q,Q,Q and S,S,Q,Q,S)
- Use "SoundPlay" and teach rhythm connection through stomps, snaps and claps
- Include more "urban" styles of music and have them play with heavier, stronger and some times bizarre energies
- Cue more for creativity inviting specific body isolations and movement options

Getting into the Groove...



Play



Play



Play

Introduction



Your introduction is slightly modified with this age group.

You would still talk about not copying, looking different and being “united & unique” but they will grasp the concept much quicker. As a seated activity, you could ask them to all unite with a snap and then practice moving their snaps around their body and with the person next to them. This helps them understand what it means to be united and unique before starting the class and sets them up for success!

I will likely ask them if they love to dance or if it makes them nervous or insecure, which will dictate if I have to discuss practicing not caring what other people may think...

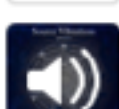
Wrapping up your introduction with having them tell each other that “They can’t get it wrong” is great way to transition from seated to standing.

Pre-warm up walk

Since typically this age group is jazzed about getting to Groove, I usually make the pre-warm up walk a little ridiculous and ask them to do a “funky - goofy” dance walk, exploring different levels and practicing moving in different directions. Getting them to high 5 each other or non-verbally greet each other is a great way to have them interact while also reminding them there’s no talking on the dance floor. Although, I’m not as concerned about safety, I do remind them to be mindful of where they are going since when we groove, we use the whole space creatively.

My "go to" Grooves



	Celebration Of Birth Tribal Funk with Misty Tripoli - EP	Benjamin Bidlack	2006	Dance	11:02
	Rock mi Alpin	voXXclub	2012	German Folk	2:44
	Beware of the Boys (Mundian to Bach Ke) Beware	Panjabi MC	2004	Hip-Hop/Rap	4:05
	Hey! Pop Collection	Kadebostany	2013	Pop	2:48
	Make It Bun Dem Make It Bun Dem - Single	Skrillex & Damian "Jr. Gong" Marley	2012	Dance	3:34
	Urban Babylon Groove Kids! - Vol. 1	Benjamin Bidlack	2011	Dance	3:15
	Mi Confesion Lunatico	Gotan Project	2006	Dance	4:21
	Ache And He Just Pointed to the Sky	Peder	2007	Electronic	5:10
	Chariots Of Fire Themes	Vangelis	1989	Electronic	3:31
	741 Hz Consciousness Expansion Solfeggio Harmonics, Vol. 1	Source Vibrations	2009	New Age	9:22
	See You Again (feat. Charlie Puth) Furious 7 (Original Motion Picture Soundtrack)	Wiz Khalifa	2015	Hip-Hop/Rap	3:50

The average class length is 40-60 minutes, including introduction and stillness.

Breaking it down...



Song	Moves	Purpose
Celebration of Birth	Clap and sizzle, heavy stomps, jump and groove	Warm-up, getting grounded, having fun and partner connections
Rock mi	Stomp stomp clap, smile, skip, swing your partner	Get heart rate up, smile, rhythm sound-play and partner connections
Beware of the boys	Poses, claps, lightbulbs, drive your car	Explore bhangra style, build confidence with poses
Hey!	March 7 + jump hey! down and up, crawls	Work on self expression with shouting and full body strength
Make it Bun Dem	Hip hop bounce and arms, robotic shapes	Explore contrasting energies and inspire unique personality and style
Urban Babylon	Egyptian inspired statues, mummy shuffle	Work on sharp symmetrical and asymmetrical shapes
Mi Confesion	Dramatic walks, tango poses, rhythm + partnering	Build confidence, dynamic interactions and dramatic expression
Ache	Bizarre zombie walks, melt, roll	Play with bizarre movement, practice skills: melt, roll and get back up
Chariots of Fire	Slow motion runs, slow motion fall, slow motion happy dance	Inspire fun and creative connections, be overly dramatic in slow motion

Stillness & silence



Often I will talk with the students about the basic principles of the practice and the main benefits. Now with so many mindfulness and meditation programs available to schools, it's likely that kids at this age have tried it or know a little about it. And they love it!

Try to do a minimum of 5 minutes of stillness. If you have more time, stretch it to 7 minutes.

I usually keep it really simple and start with guiding three deep unified breaths and ask them to start paying attention to the quality and fullness of their breath, trying to make their exhales as long as their inhales. I usually guide a body scan and ask them to relax and visualize sending their breath to each body part.

I remind them that practicing this exercise strengthens the mind. And that is it OK if at first it feels challenging, the more you do it, like anything else, it gets easier and feels more natural. I will bring them back with three deep full breaths and ask them to hug themselves or stretch before coming up. You can also invite them to thank the person beside them for grooving, and usually I invite hugging!



Practice

Review class demo and tutorial videos of “Urban Babylon” and “Like This.” Practice facilitating on your own. You can write down key facilitation points or dance around in your living room facilitating aloud. Plan a time to meet your partner on a video chat and practice together, each leading one song. After facilitating each other, provide some feedback. What worked really well and what maybe didn’t? Be honest and caring with how you share.

Embody

We’re going to play with letting our inner ROCKSTAR shine! “We will rock you” is a staple Groove kids song, especially for this age group. I want you to DANCE and SING your heart out to this one. Crank up the volume and be sure to dance all the way to the end so you ROCK OUT on the air guitar solo. Feel free to journal about how that experience was for you.

Write

In your journal or notebook, write out how you would introduce your Groove kids class. It can be targeted to a specific age group, family groove, or just a general kids introduction. Practice delivering this introduction with your Groove partner this week.

Congratulations, you just completed Part 2!



Press Play

Get up! You deserve a **HAPPY DANCE!**