



The Groove for kids facilitator training

Week 4: The Family Groove Experience

© 2020, Written by Dani Nobrega, MA. Property of The World Groove Movement™



The Family Groove Experience

- A unique intergenerational movement experience open to all, ages 4+.
- Designed to bring families closer together through the art of dance and create powerful community connections.
- Playlists consists of all kid friendly groove content and each experience should be shaped to suit the needs of the youngest age group participating so everyone can do it.
- Typically, offered as a morning weekend class, a workshop for either an after school wellness event or special community gathering.
- Get creative with how, where and when you offer family Groove as it is a completely new and unique approach to fitness that is designed to get the whole family moving together.
- Do your best to have everyone who is in the room participate, as from our experience, if adults sit out it can be distracting for the kids.
- Most facilitators charge around \$20 per family (for up to 4 members). Average class length is usually 45-60 minutes.

Introduction



Gather all your Groovers in a circle and give a brief class introduction. Be sure to tell them that this movement experience is all about having a fun dance party together!

That when we Groove, we'll explore all different styles and play with simple moves everyone can do. Remind them the best part is that "you can't get it wrong" and you want to encourage them to be as playful and creative with their movements as possible. Asking them to tell each other that they can't get it wrong is a great way to build community among the group.

Be sure not to skip the pre-warm up walk. Asking them to dance the pre-warm up walk and interact with high 5s and other non-verbal gestures is a fun way to also bring people together. If you want, you can cue them to jump and land in connected shapes with their family as an icebreaker before starting the groove.

Stillness & Silence

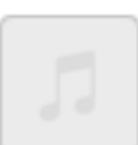
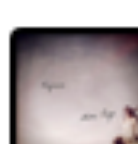
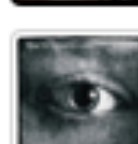
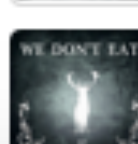
Be sure to save 5-7 minutes for stillness and silence at the end of class.

A fun option for this is to ask them to get into a "cuddle puddle" with their family members. You can bring more connection into the stillness activity by asking them to place one hand on their heart and one connected to a family member.

Try to keep your cueing to a minimum so they can enjoy this relaxation to the fullest.

Sample Family Groove Playlist (fitness focus ages 7+)



	See You Again (feat. Charlie Puth) Wiz Khalifa – Furious 7 (Original Motion Picture Soundtrack)	2015	Hip-Hop/Rap	3:50
	The Støvle Dance De Nattergale – Songs from the Julekalender	1991	Pop	2:47
	Blingy Freddie Ipson – Body Groove 1	2018	Dance	4:29
	It's Oh So Quiet Björk – It's Oh So Quiet - EP	1995	Alternative	3:41
	TANGOED			3:59
	La Di Da Di Da Nikki Jean – Pennies In a Jar	2011	Pop	3:11
	Feet of Flames (A Tribute) [Reprise] Irish Showtime Band – Irish Showtime Band - 2 Album Set	2009	Singer/Songwriter	3:47
	Swift Sword By Tan Dun – Tan Dun, KODO, Ancient Rao Ensemble of Changs...	2002	Classical	3:37
	Secunda (Skyrim) Mimi Page – Requiem - EP	2013	Electronic	2:11
	People Among Us Bliss – No One Built This Moment	2009	Electronic	4:06
	Higher Love James Vincent McMorrow – We Don't Eat - EP	2012	Singer/Songwriter	3:36

Breaking it down...



Song	Moves	Purpose
See you again	Dance walk, floor eye connections, arm sways	Warm-up, explore personal style and interact
The Støvle dance	4 heels, 2 shuffles, swing your partner	Cardio and playful interactions
Blingy	Play the piano & TP, Step touch	Explore creativity, finger & wrist articulations, Dance!
It's oh so Quiet	Sshhhh, Step & kicks	Interactions, rhythm connection, leg strength
Tangoed	Walks, SQQ, Leg sweeps	Drama, rhythm connection, leg strength
La di da di da	Happy walks, Skip with a friend	Cardio and interactions
Feet of Flames	Hop together, fancy feet	Leg strength, feet creativity, and cardio
Swift Sword	Traveling lunges with creative arms, eye activity	Leg strength, upper body creativity, eye strength
Secunda	Write your name with body parts	Internally focused creative exploration



CONGRATULATIONS, you've completed the Groove kids training!

Now it's time to start planning your three practice classes to complete your certification. These classes can be offered to any or all ages groups, including family grooves. Start with the age group you're most comfortable working with and try to have a class size of approximately 10-12 participants.

Your class length can vary from 30 - 60 minutes.

All 4 playlists are available on our online resources with individual tutorial videos and coaching notes to each song.

Once you've completed your 3 practice classes, submit your video along with your playlist and a few feedback questions to answer for us to review. Happy grooving!