

AMERICAN DANCE STUDIOS

RISING STAR INSTITUTE

Where Dancers Are Made and Leaders Are Born

Signature Programs: Sample Pages

Every ADS class ends with 10 minutes of Signature Programs: a coloring page, worksheet or project page, a topic to discuss in class, and a question to talk about at home. Print these samples and let your child try one before their first class.

Our Monthly Rhythm

Week	Focus
Week 1	Character Development
Week 2	Leadership
Week 3	Etiquette
Week 4	Review the month + choreography for the next show

What's Inside (by age)

Page	Age group	Sample
2	Ages 3-5 - Twinkle Stars (Preschool)	Character Development: Sharing
3	Ages 6-7 - Rising Stars	Leadership: Being a Friend
4	Ages 6-7 - Rising Stars	Character Development: Respectful
5	Ages 8-9 - Shooting Stars	Etiquette: Good Sportsmanship
6	Ages 8-9 - Shooting Stars	Leadership: Problem Solver
7	Ages 10-13 - Shining Stars & All Stars	Leadership: Teamwork Worksheet
8	Ages 10-13 - Shining Stars & All Stars	Etiquette: Studio Etiquette Worksheet

Two shows a year (Winter and Summer) keep dancers excited to learn and climb the ADS dancer journey.

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8A Casey Ave, Edison, NJ 08817 | Serving Edison, Iselin, Highland Park, Piscataway, South Plainfield & Plainfield

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month eight • week one

CHARACTER DEVELOPMENT



SHARING MEANS:

- ☆ Thinking about others.
- ☆ Being generous.
- ☆ Taking turns.
- ☆ Making everyone feel included. ♥

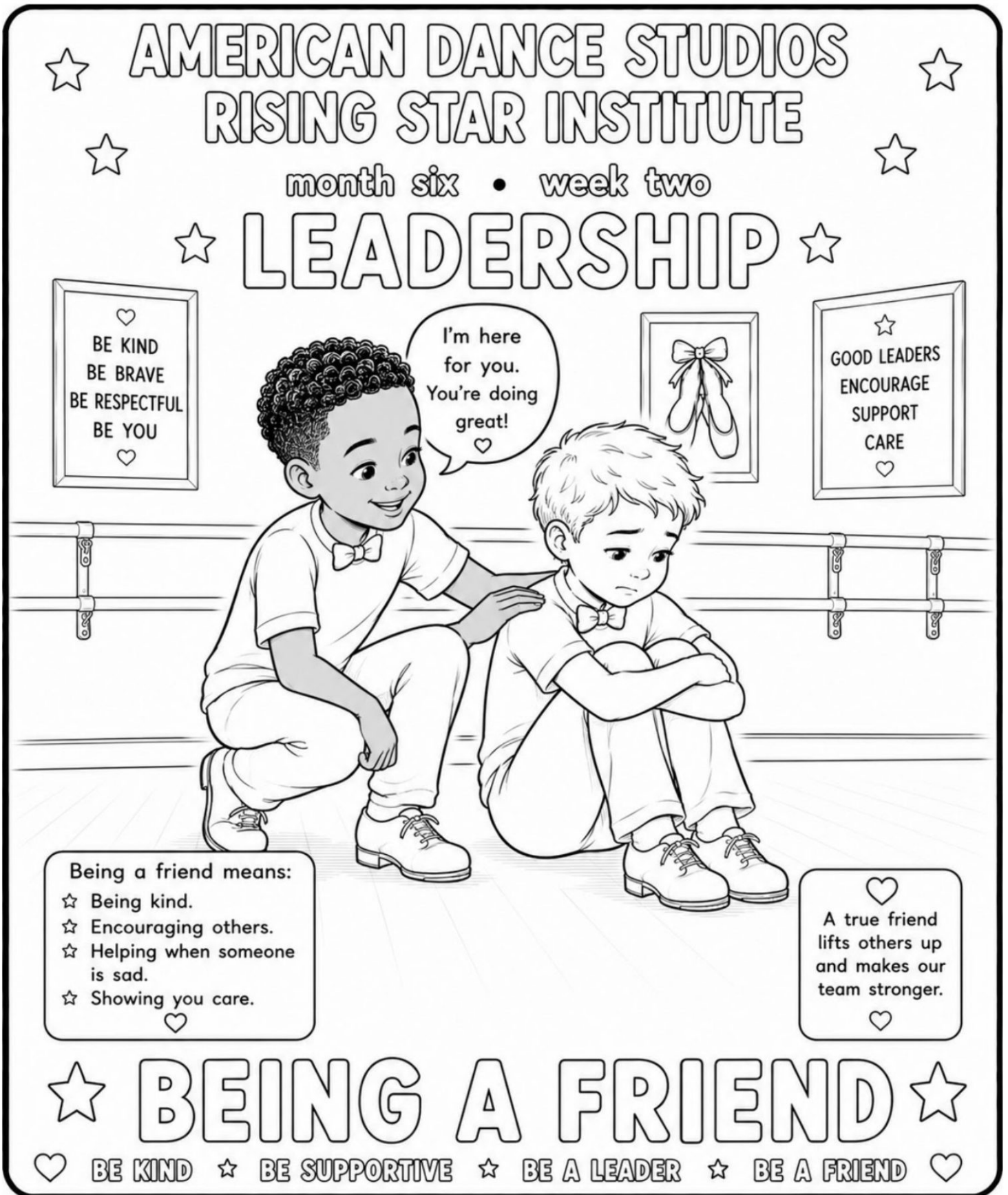
SHARING



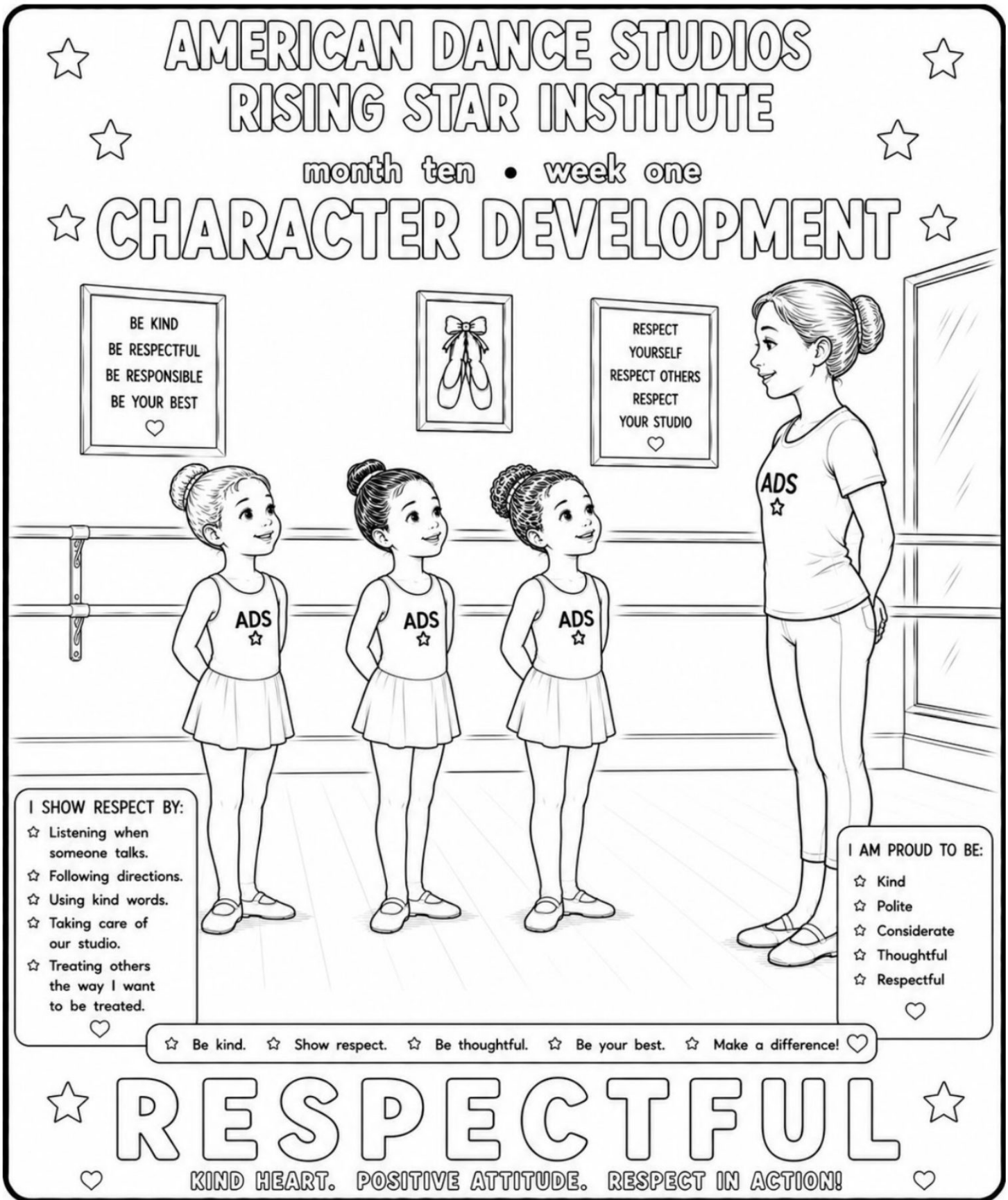
SHARE KINDNESS. SHARE TIME. SHARE SMILES.



Name _____



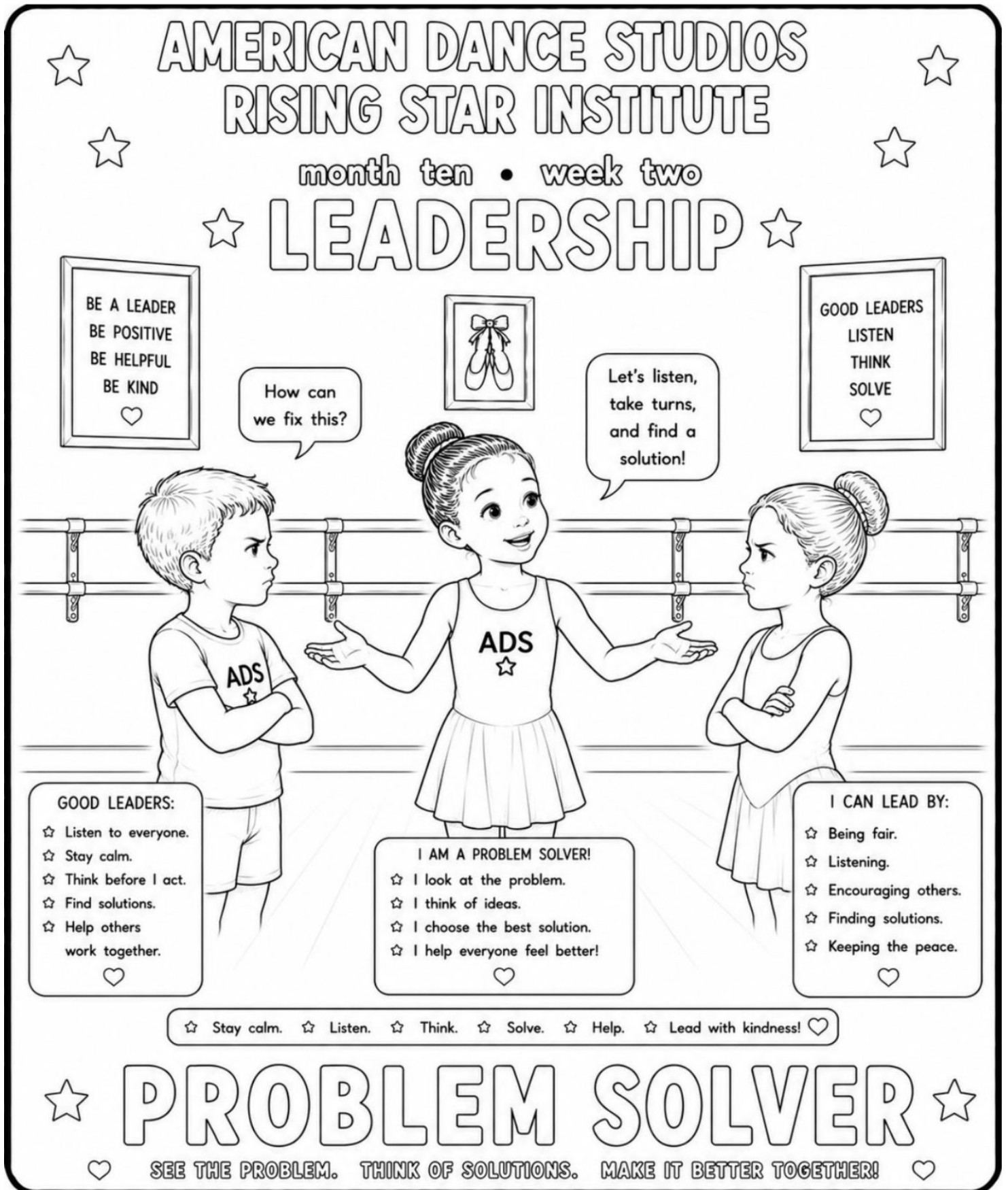
Name



Name



Name _____



Name



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MONTH 1

WEEK 2

LEADERSHIP
PROGRAM

TEAMWORK

TOGETHER, WE SHINE!

DEFINITION: Teamwork is working together with others to reach a goal. We listen, support, and do our part because we know we are stronger together!



1 TEAMWORK IN ACTION

Read each situation. Color the choice that shows teamwork.

1. Your group is learning a new dance. You should:
- A. Do your own thing
 - B. Help each other and practice together
 - C. Let someone else do all the work



2. A teammate is having a hard time learning a step. You should:
- A. Laugh at them
 - B. Ignore them
 - C. Encourage them and help them



3. Your group has a performance coming up. You should:
- A. Only worry about yourself
 - B. Blame others if something goes wrong
 - C. Work together and stay positive



2 TEAMWORK WORD SEARCH

Find the words below in the puzzle. Words can go across, down, or diagonal.

T O G E T H E R L
L I S T E N H E L
S U P P O R T P E
C O O P E R A T E
R E S P E C T G A
C O M M U N I C A
T R U S T G O A L
K I N D N E S S W

- TOGETHER
- LISTEN
- SUPPORT
- COOPERATE
- RESPECT
- COMMUNICATE
- TRUST
- KINDNESS
- GOAL

3 TEAMWORK TRAITS

Check the boxes next to the traits of a great teammate.

- ☐ I listen to others.
- ☐ I encourage my teammates.
- ☐ I do my part.
- ☐ I share ideas.
- ☐ I put others down.
- ☐ I respect everyone.
- ☐ I give up easily.
- ☐ I celebrate our success!



4 PUT IT IN ORDER

Number the steps to show how teamwork helps us succeed.

- ☐ We reach our goal.
- ☐ We make a plan together.
- ☐ We celebrate and give thanks!
- ☐ We listen to each other.
- ☐ We do our parts and help each other.



5 THINK & WRITE

Think of a time when you worked well with a team. What happened? How did it feel?



6 TEAMWORK CHALLENGE

This week, do ONE thing each day to be a great teammate!

My goal:

- ☐ I completed my goal!

Name: _____



DISCUSSION QUESTION

How does teamwork make our dance class better and stronger?



RISING STAR PROMISE

I will do my part, support others, and shine as part of a team!



BE KIND ★ BE RESPECTFUL ★ BE YOUR BEST ★ BE A RISING STAR!





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MONTH 1

WEEK 3

ETIQUETTE
PROGRAM

STUDIO ETIQUETTE

HOW WE BEHAVE RESPECTFULLY IN CLASS

Studio etiquette means showing respect for our teachers, our classmates, our space, and ourselves so everyone can learn and shine!

1 WHY DOES IT MATTER?

Circle the best answer.

Good studio etiquette helps us:

- A** Learn better and stay safe.
- B** Show respect for others.
- C** Create a positive and fun environment.
- D** All of the above!



2 STUDIO ETIQUETTE MATCH

Draw a line to match each rule with why it matters.

- | | |
|--|---|
| 1. Listen when the teacher is talking. | • Everyone feels included. |
| 2. Be on time and ready for class. | • We can learn without distractions. |
| 3. Keep your hands and feet to yourself. | • We are prepared and don't miss important information. |
| 4. Take care of our studio and equipment. | • Our studio stays clean, safe and beautiful. |
| 5. Use kind words and a positive attitude. | • We stay safe and show respect. |

3 WHAT DOES IT LOOK LIKE?

Look at each picture.
Check ✓ the box if it shows good studio etiquette.



Sitting quietly and listening.

☐


Encouraging and supporting a classmate.

☐


Running and playing around in the studio.

☐


Picking up and taking care of our space.

☐


Talking while the teacher is instructing.

☐

4 FILL IN THE BLANK

Use the word bank to complete the sentences.

respect listen kind ready focused safe

- I show _____ when I treat others the way I want to be treated.
- I _____ when the teacher is talking.
- I use _____ words and actions.
- I come to class _____ to learn.
- I stay _____ so I can do my best.
- Good etiquette keeps our studio _____ for everyone.



5 SCENARIO TIME!

What would YOU do?
Write the best choice.

A. You arrive early to class and your friend wants to practice a dance. What should you do?

B. You see someone left their water bottle on the floor in the way. What should you do?

6 OUR STUDIO ETIQUETTE PLEDGE

Read the pledge below and sign your name!

I respect my teachers,
my classmates,
my studio,
and myself.
I will use good studio
etiquette every class,
every time.
I help create a positive
place where we can
all shine!



Signed: _____



DISCUSSION QUESTION

How does good studio etiquette help you and your classmates have a better dance class?



RISING STAR PROMISE

I choose respect.
I choose kindness.
I choose to be
my best in every class!



BE KIND



BE RESPECTFUL



BE YOUR BEST



BE A RISING STAR!

