

# Blossoming with Kinderdance

## Tender Toes Tap Their Way From Being Shy To Confident Learners

Ballet is known for nurturing confidence and when exposed to kids at a young age, this dance form enables them to gain confidence, the ability to trust and let go and enjoy. Recognising the potential of this dance form, the students of Amiown across all branches in Delhi/NCR were introduced to Kinderdance under the guidance of Ms Sapna Chauhan, Vice Chairperson, Amiown. Kinderdance originally conceived and developed by Ms

Harsell in 1981, is an original worldwide dance, motor development, gymnastics, and fitness programme. Specifically designed for children from ages 2 to 12, it aims at teaching the basics of ballet, tap, acrobatics and creative movement while blending in educational concepts. This unique fitness programme gives a child the opportunity to enhance his physical development and body awareness, while learning numbers, colours, shapes and songs at the same time. With the primary

objective of building self confidence and self-esteem in growing up children through the form of dance, Kinderdance is taught at three different levels.

Amies, trained by the Kinderdance team through the year, put up their exceptional performances in their respective schools from January 24 to February 10. Here is a quick recap of the performances that was worth every twirl and whirl.



## Dance, dance everybody...

### Amiown Gurugram

Atreyee Dasgupta, Teacher

A year-long workshop with the Kinderdance team, culminated with little Amies slipping into their

dancing shoes as they showcased their cadenced moves on January 24, 2018. The small wonders performed various dance forms which included tap dance, ballet, gymnastics and aerobics. No sooner the upbeat music commenced, the infectious energy of

Amies on the stage, enthused the audience. The highlight of the show was an amazing performance presented by the little bundle of talents from pre-nursery and nursery. The gathering applauded their energy with immense encouragement. 🇮🇳



I love it Why walk when you can dance



Say Dance Shake with the lyrics

## A full-house talent show

### Amiown Vasundhara

Meenakshi Lamba, Teacher

While many children have talent, often only a few get to showcase it. At Amiown, great efforts are taken to ensure that little Amies always fall in the latter category. With this objective, little Amies from pre-nursery- Brave Birch and Happy

Holly classes put up a spectacular dance performance, mesmerizing one and all with their bundle of talent on February 9, 2018. The dance, specifically designed keeping in mind the cognitive, physical, communication, social and emotional development of the child, was met with a thunderous applause. The little Amies could be seen enjoying themselves on stage, while parents who sat as on-

lookers watched their little ones in awe. It was a memorable moment for both parents and teachers to see them perform with full confidence on stage while beautifully carving out fine postures such as the pop-corn posture. Impressed by the zeal and enthusiasm of the young performers, Ms Sapna Chauhan who graced the occasion, applauded everyone for the grand show. 🇮🇳

## First dance

### Amiown Noida

Prabha Singh, Teacher

What: February 9, 2018 was a momentous event in the lives of little Amiown. As the little ones stepped on the stage for their first ever live dance performance, their excitement knew no bounds. Little Amies lit the stage on fire as they effortlessly swayed to rhythmic music based on popular numbers such as 'Lis-

ten to the music', 'Paddy Cake', 'I'm a Little Teapot', 'Humpty Dumpty', and 'Jack-Be-Nimble', 'Hold the ball'. Their agility, acrobatic and motor skills through varied acts such as the 'Bicycle', 'Bounce Bounce', 'Jump Out and Jump In' and 'Crab Popcorn' beautifully choreographed by the Kinderdance team was a treat for all. The entire experience was a celebration of the inherent rhythm, poise, versatility, talent, confidence and grace of little Amies! 🇮🇳



Dance Its a sport too

## A walk to remember

### Amiown PV

Shilpa Malhotra, Teacher

The programme kick started with a 'Dancer Walk' presented by the little Amies from Nursery on February 10, 2017. Beautiful maneuvering of body shapes, ballet set on melodious tunes,

and a display of exciting gymnastic tricks... the performance had everything one could ask for. So, it wasn't much of a surprise as the audience sat glued watching every move. The gymnastic skills beautifully showcased their understanding of body awareness, dexterity and body isolation of movement. The pre-nursery kids presented

a dance that was based on 'warming up' moves like stretches and synchronization. The icing on the cake was the concluding dance, performed by the parents and the grandparents of the little Amies. Amiown, once again did not just boost the morale of the little ones, but also of their families. 🇮🇳



Join me Time to dance



Feel it Through dance