



March: Week Three

Objective:

I Can Learn How Misty Copeland Exemplifies Confidence.

Activities:

Students will learn ballet with Misty Copeland.

Materials:

- [Sesame Street: Stretch with Misty Copeland](#)
- [ElmoBallet for Kids | Episode 1 | CJ and Friends..](#)

Character Word: CONFIDENCE

Docu videos with advice for children

[5 Ways To Boost Your Confidence](#)

Rocket Kids presentation of 5 ways to build confidence

[Self-Esteem For Kids - 10 Ways To Build Self-Esteem & Self-Confidence](#)

Video with strategies to build esteem and confidence

[The Kid's Guide to Confidence](#)

Children give advice to develop confidence

[Sesame Street: Confidence \(Word on the Street Podcast\)](#)

Sesame Street word on the street confidence.

[Boost Your Self Esteem](#)

How to boost your self esteem

Read Alouds

[Children Build Self-Esteem, Increase Confidence, Stop Bullies | Stress Free Kids](#)

Confidence Read Aloud

Brain Games Segment on Power of Positive Thinking

[The Power of Positivity | Brain Games](#)

Songs

[Confidence SPOT Song Music Video for Kids](#)

[Sesame Street: Song -- I Love My Hair](#)

[QuaverEd: You-Nique](#)

Dance

[KIDZ BOP Kids - Confident \(Dance Along\)](#)

Short Film

[Ballerina Dance battle - Confident 1080p](#)

Lesson:

- [SWAN LAKE - Odette Variation \(Misty Copeland\)](#)
Misty Copeland dancing.
- [READ ALONG with MISTY COPELAND! | Bunheads | PBS KIDS](#)
Ask the children how Misty Copeland showed she is confident.
- [Kids interview Disney's Nutcracker star Misty Copeland](#)
Misty Copeland is interviewed by children.
- [Misty Copeland Reads "Firebird" | Bookmarks | Netflix Jr](#)
Ask the children how they can be disciplined like Misty Copeland.



JAM Time:

Learn ballet with Misty Copeland. (10-15 minutes)

Enjoy learning ballet with Misty Copeland. Don't forget to stretch first..

Closing Community Circle (5-10 minutes)

In the final minutes, allow the students to show off their new dance moves.