

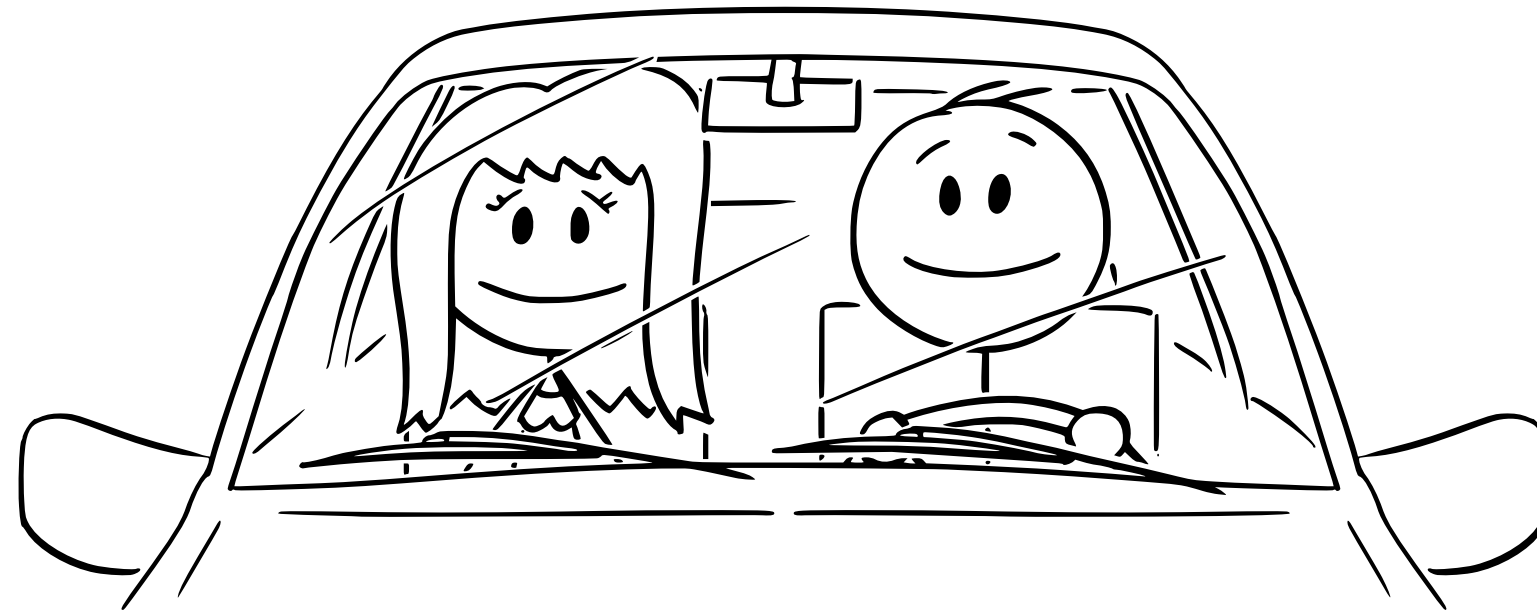
My Alexis Adapts Adventure

Welcome!

Today I am going to Alexis Adapts Adventures!

My class is at Evolve Dance & Fitness Studio.

I can have fun, learn new things, and make friends.

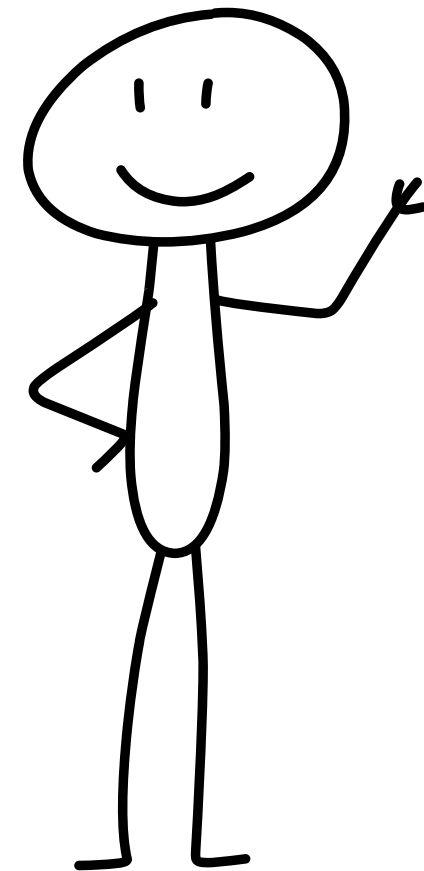


First...

I walk into the studio with my grown-up.

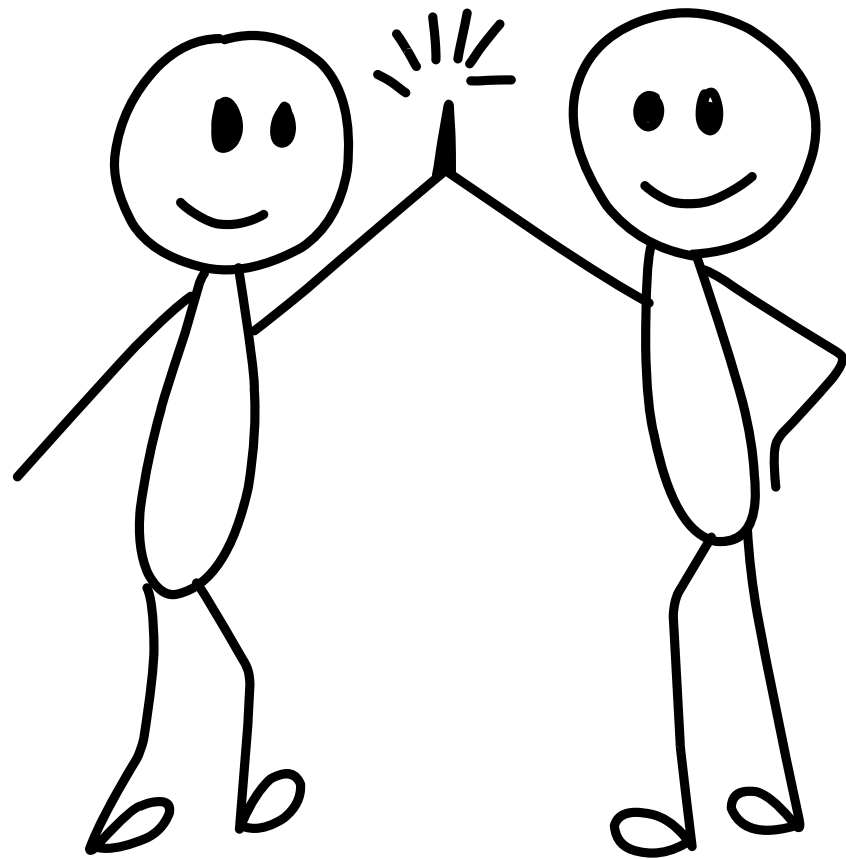
I can take a deep breath if I feel nervous.

Everyone is happy to see me.



Next...

I will say hello to Ms. Alexis.
She is excited that I came to class.
She will help me if I need anything.



Morning Meeting

We will sit together for Morning Meeting.

We may:

- Say hello to our friends
 - Talk about our day
- Learn about today's adventure

I do not have to be perfect.

I just need to try.



Music & Rhythm Time

Next, we will sing songs and move our bodies.

We might:

 Clap

 Tap

 Dance

 March

 Play instruments

Moving helps our brains get ready to learn!



Story or Poem

Then Ms. Alexis will read a story or share a poem.

I can:



Listen



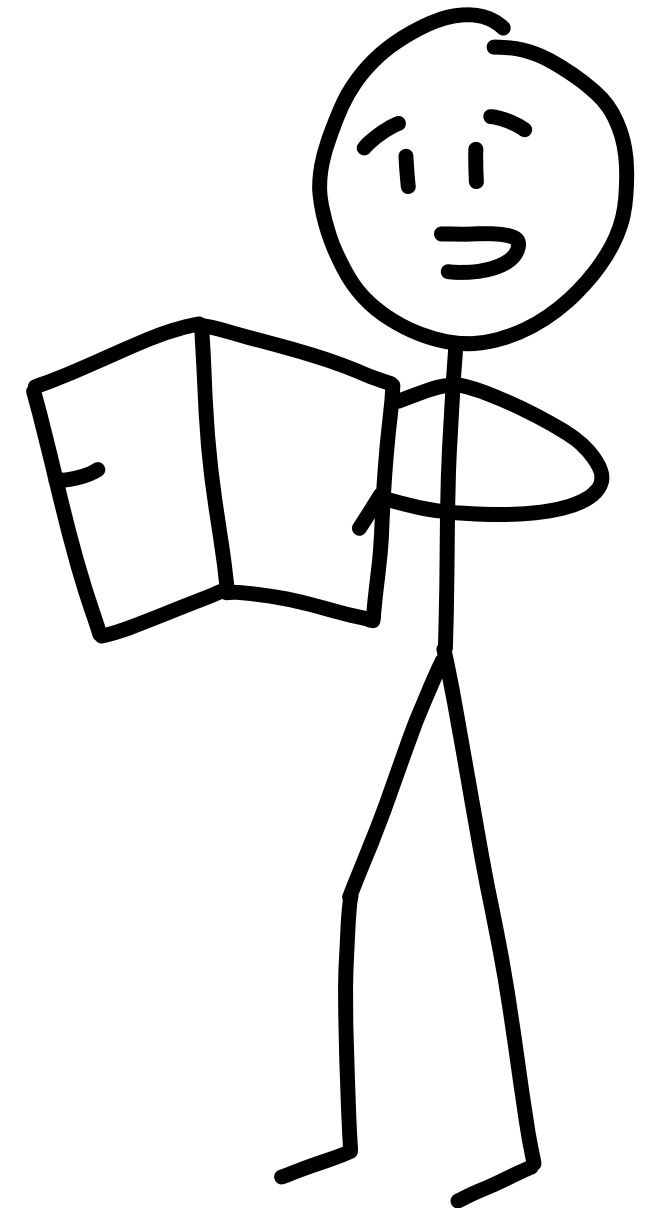
Raise my hand



Look at the pictures



Enjoy the story



Activity Time

Now it's time for our learning activities!
We will rotate through two different activities.

Some days I might:



Make a craft



Build

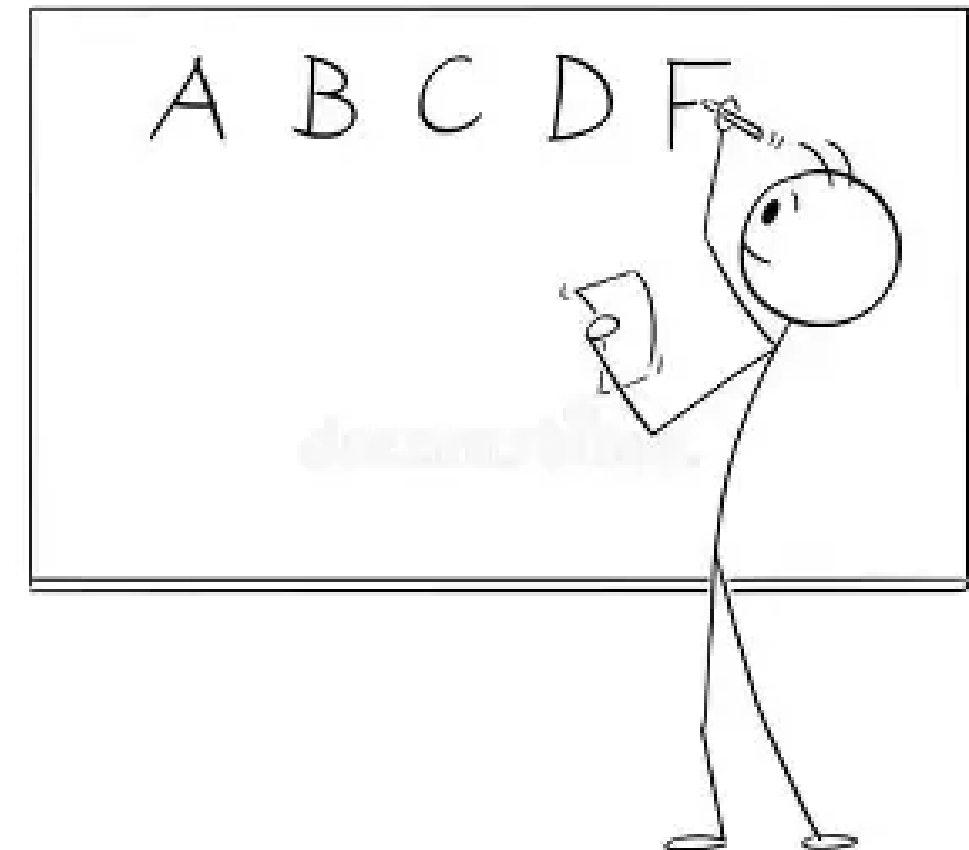


Practice letters



Play math games

Every class is a little different, and that's part of
the adventure!



Almost Finished

When our activities are done, we will clean up together.
Then we will gather back together before it's time to go home.



Goodbye

I will say goodbye to Ms. Alexis and my friends.
I can feel proud because I learned something new today.
I can't wait for my next Adventure!



Remember...

- ♥ It is okay if I feel shy.
- ♥ It is okay if I need help.
- ♥ I do not have to be perfect.
- ♥ Ms. Alexis will help me.
- ♥ We are here to learn, play, and have fun together!