

FOR YOUR TEAM · WELCOME ONBOARD

Welcome to Little Shakers!

A quick-read onboarding guide for the educators and teachers who will share their classroom with us each week. Everything you need to feel confident before, during and after a session.

● 30-minute sessions

● Ages 2.5–5

● EYLF V2.0 aligned

● All props supplied

7–15

CHILDREN PER
CLASS

52wk

YEAR-ROUND

20min

OUR ARRIVAL
WINDOW

1

EDUCATOR NEEDED

"Educators are the most important people in the room — not because we ask you to do anything, but because you are the safe, familiar face the children come back to."

DOCUMENT

Educator Onboarding

PREPARED BY

Alana — Founder

READ TIME

~7 minutes

A quick read about how Little Shakers works in your room.

Below is everything you need to know in one page — how a class runs, what we expect of your team and what you can expect of us. The short answer: we take care of the dance, you take care of the children. That's it.

01

How the program works

SAME TIME. SAME DAY. EVERY WEEK.

A
We arrive 10 mins early

Alana arrives with a marked Little Shakers bag of props, sanitised and ready. We sign in at reception just like any external provider.

B
We set up the space

Props laid out, music tested, balance line taped down. If the room needs a quick reset we do it — the room you give us is the room we return.

C
Children join us

Bring the group through in line or trickle them in over five minutes — whatever works for your routine. We greet every child by name where possible.

D
30 minutes of class

Floor to standing warm-up, ribbon work, animal adventures, pom poms, gallops, jazz finale and bow. Educators are welcome to join or simply observe.

E
Bow & curtsy ritual

Every class ends the same way — a closing affirmation, the theatrical bow, and a quiet moment of pride. This is the heart of the program.

F
We pack down & go

Equipment back in the bag, room reset, quick word with an educator about anything that came up. We're in and out within an hour, top to tail.

02

Inside the 30-minute session

CONSISTENT RHYTHM · FRESH CONTENT

TIME	SECTION	WHAT'S HAPPENING
0-5	Warm Up	Children lie flat. Feelings check-in, point and flex, butterfly stretch, rise to standing. This is the calming on-ramp.
5-11	Ribbons + Floor Work	Ribbon warm up (slow arm flow + rainbow circles), Fairy runs on tip-toes with wands, Pointe & flex, Kissing hands fine-motor sequence.
11-17	Wands + Animals	Fairy Runs in a tiptoe circle. Giraffe & Tiger Adventure with the grand centre roar finale.
17-22	Pom Poms + Gallops	Pom-pom jumps, Pom-pom marches, then Pony gallops with the freeze-and- neigh moment.
22-28	Jazz Finale	Simple jazz dance routine — hip shakes, knee bops, slice the cheese, lunge rolls and a giant STAR jump — finished with the bow & goodbye.
28-30	Bow & Curtsy	Affirmation, hand on heart, the bow and curtsy ritual. Cool-down breathing, smiles, applause, end.

■ Every class begins lying down. It is the most powerful settling tool we have in early years movement.

What we ask of educators — and what you can leave to us.

Little Shakers is a low-effort, high-reward partnership. The list below is the entire ask — there is nothing on the back of it.

03

Educator involvement

ONE IN THE ROOM · ALWAYS WELCOME TO JOIN

Your team will

- ✓ Have **one educator present** in the room for the full 30 minutes (for ratio & familiar face).
- ✓ Help children transition to the dance space about five minutes before class.
- ✓ Step in if a child needs settling, comforting or bathroom — we'll continue the class around you.
- ✓ Pass along any relevant information about a child's day before class — energy, mood, anything we should know.

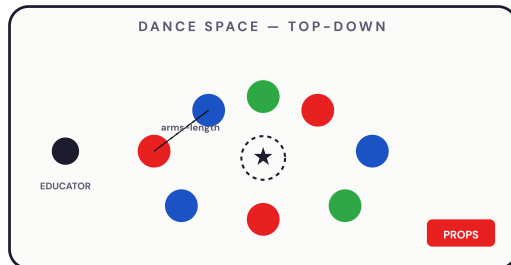
You can leave to us

- ✓ All **props, music, equipment** and sanitising.
- ✓ Direct **parent communication** & enrolment (parent-paid option).
- ✓ Lesson planning, weekly progression and warm-up adaptation for the group.
- ✓ Behaviour cueing during class — we lead, you back up only if needed.
- ✓ EYLF documentation templates and a rolling summary report every 10-week cycle.
- ✓ Make-up scheduling — one session per 10-week cycle, credited to the next cycle if unused.

04

Space & equipment requirements

INDOOR · CLEAR · ARMS-LENGTH PER CHILD



Let us know if it is an indoor or Outdoor space

Indoor, non-slip floor — carpet, vinyl, sealed timber or rubber mat are all great. Outside Grass and even surface. Clean and clear of toys before class.

Footprint

Roughly 5m × 5m as a minimum for a class of ten — enough space for every child to lie flat with arms-length around them.

Sound

We carry a bluetooth speaker so no need for power points,

05

What we bring · every single week

SANITISED · AGE-SAFE · SUPPLIED

Ribbons

One per child. Ribbon warm up.

Magic Wands

One per child. Fairy Runs & tiptoes.

Pom Poms

Two per child. Pom-pom jumps & marches.

Glitter Sticks

One per child. Pony Gallops.

Parachute & bean bags

Class set. Week 6 only.

Bean Bags

One per child. Balance work.

Balance Line

Tape or beam. Weekly skill.

Music & Speaker

Themed weekly playlists.

Rules, rhythm and how we stay in touch.

A handful of class rituals you'll hear us repeat every week, plus the channels we use to communicate with your team and your families.

06 Our seven class rules

REPEATED EVERY WEEK · THEY BECOME THE CHILDREN'S WORDS

- 1 We use kind hands and feet — we dance in our own space.
- 2 We listen to the music and to our teacher.
- 3 We try our best — there is no wrong way to dance!
- 4 We encourage our friends — we cheer for each other.
- 5 When the music stops, our bodies stop.
- 6 We look after our props — they are magic!
- 7 We always say the magic words — bow and curtsy!

07 A few tips from us, to you

SMALL THINGS THAT MAKE EVERY CLASS BETTER

- ! **Reluctant children are welcome**
Watching is participating. Please don't push a hesitant child to join — we'll gently invite them every week, and they will choose their moment. By session three or four they're usually in.
- ★ **Praise the attempt, not the result**
If you have words to give, "I love how you're trying!" is more powerful than "perfect!" — every child who participates is succeeding.
- 😊 **The freeze is a mirror**
If you're in the room and join the freeze with a dramatic face — the children will too. Their commitment is a reflection of ours.

08 How we stay in touch

EMAIL · WEEKLY NOTE · CYCLE REVIEW

BEFORE EACH CYCLE

Welcome & schedule

You'll receive the 10-week cycle schedule, weekly themes and EYLF outcome map a week before class one. Any room or timing changes are confirmed here.

DURING THE CYCLE

Weekly educator note

A short email after each session covering what we did, any observations on the group, and one or two EYLF moments worth documenting.

END OF CYCLE

Summary report & chat

A one-page EYLF summary per group.

ANYTIME

Quick questions

Text or email Alana directly — we respond within one business day.

YOUR DIRECT LINE

Anything at all — just ask.

From a child's first day to a wet-weather make-up — we'd rather hear too much than too little.

EMAIL

hello@littleshakers.com.au

WEBSITE

littleshakers.com.au

MOVE · LEARN · GROW

FOUNDER

Alana — Little Shakers

4 OF 4