

# Activity Sheet:

## *Jack Follows His Heart*

Can you try doing all five ballet positions?

**First Position:** Put your heels together and your toes apart. Then place your arms in a circle like you're holding a beach ball.



1



2

**Second Position:** Put your heels apart. Then place your arms out to the side.

**Third Position:** From second position, slide one foot in front of the other foot, but only half way across. One heel should be touching the middle of the other foot. Then place one arm in front and one arm to the side.



3



4

**Fourth Position:** Put one foot in front of the other; toes are facing out. Then place one arm up and one arm in front.

**Fifth Position:** From fourth position, slide your front foot to meet your back foot; toes are facing out. Then place both arms up in a circle.



5

**Try them all!**



1



2



3



4



5

Do you know any other ballet steps?

Try doing a plié (stand in first position and bend your knees).



Plié



Relevé

Try doing a relevé (stand in first position and go up on your tippy toes). How long can you balance? Try doing a relevé competition with a grown-up or a friend.

Try doing a passé (stand on one leg and put your toe to your knee). How long can you hold your balance? Try doing a passé competition with a grown-up or a friend.



Passé

***Tag your ballet photos @jessicaazenbergauthor on Instagram***

## Questions for Discussion

1. Jack thought ballet was really hard the first time he tried it. Have *you* ever tried something and felt it was really hard at first? How did it make you feel?

2. Did you practice like Jack? Did you feel better when you started improving? What happened? What were your feelings?

3. Jack's favorite hobbies are ballet and soccer. What are your favorite hobbies?

4. How many friends does Jack have in the book? Do you remember their names?

