

What is THE WIGGLE JIG?

BalletMet's *The Wiggle Jig* is a comprehensive outreach dance program for early childhood students ages three to five. First developed in 2009, *The Wiggle Jig* helps children develop their social, cognitive, and motor/movement skills, all in the context of supporting healthy childhood development.

Aided by generous financial support from private and corporate funding sources, BalletMet works with a variety of organizations to bring *The Wiggle Jig* to the community. The comprehensive programming includes 10 weeks of dance classes (one class per week) taught by two dance educators and an accompanist, professional development for teachers, tours of BalletMet's Dance Center, the literacy companion book *Leap and Twirl* written specifically for the program, and an evaluation protocol.

Since 2009, *The Wiggle Jig* has inspired thousands of central Ohio preschool children to build their executive function and critical thinking abilities, to be more aware of how their emotions and behaviors affect others, and to have fun while being introduced to the world of dance.



How You CAN HELP

To learn more about how you can support the work of BalletMet's *The Wiggle Jig* program and share it with the community, please contact education@balletmet.org.



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BalletMet's
THE WIGGLE JIG

2018-2019

Photography by Jennifer Zmuda

2018-2019

PROGRAM OVERVIEW



The *Wiggle Jig*'s programming was delivered in 10-week blocks across four educational sessions:

**Summer 2018 | Fall 2018 |
Winter 2019 | Spring 2019**

During that period, a total of 30 preschool classes at 14 sites across central Ohio received *The Wiggle Jig* programming. These sites included early childhood programs at Head Start centers, Columbus City Schools, the Columbus Urban League, The Childhood League Center, Hilltop Preschool, and the YMCA.

14 CENTRAL OHIO SITES
30 PRESCHOOL CLASSES
520 PRESCHOOL CHILDREN

PROGRAM SITES



Key Findings and AREAS OF IMPACT

MAJOR IMPROVEMENTS IN MOTOR CONTROL



Students showed great improvement, with **over 95% improving in at least one of the 6 different developmental motor skills**, and **over 1/3 showing improvement across all 6 of them**. Additionally, every concept showed improvement by at least 70% of the children. This is a comprehensive movement curriculum, and improvement in one facet supports improvement in others.

INCREASED ABILITY TO UNDERSTAND OTHERS' EMOTIONS



The dance instruction emphasizes the ability to understand and communicate with others. Preschoolers who took part in *The Wiggle Jig* showed **significant improvement in their socio-emotional abilities over time**.

INCREASED ABILITY TO ENGAGE IN **MULTI- STEP COGNITIONS**



The dance instruction emphasizes the ability to plan, remember, and execute multiple, connected motions. As with the socio-emotional factor, preschoolers taking part in *The Wiggle Jig* also showed **significant improvement in their ability to perform multi-step actions and cognitions** over time.

TEACHERS FIND **VALUE IN USING DANCE IN THE CLASSROOM**



Overall, teachers find value in incorporating dance/movement in their classroom and are willing to continue to do this in the future.