# 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**.



BalletMet's THE WIGGLE JIG

EDUCATIO

2022-2023

balletmet.org

## 2022-2023 PROGRAM OVERVIEW

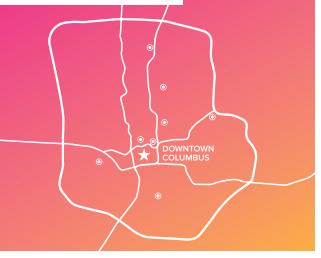


The Wiggle Jig's programming was delivered in 10-week blocks across four educational sessions:

Summer 2022 | Fall 2022 | Winter 2023 | Spring 2023

During that period, a total of 20 preschool classes at 9 sites across central Ohio received The Wiggle Jig programming. These sites included early childhood programs at Head Start centers, Columbus City Schools, The Childhood League Center, SproutFive Early Learning, and the YMCA.

#### **PROGRAM SITES**



# AREAS OF IMPACT

#### MAJOR IMPROVEMENTS **IN MOTOR CONTROL**



Students showed great improvement, with **over** 96% improving in at least one of the 10 different developmental motor skills, and over 40% showing improvement across all 10 of them. Additionally, every concept showed improvement by at least 74% of the children. This is a comprehensive movement curriculum, and improvement in one facet supports improvement in others.

#### INCREASED ABILITY TO



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 socioemotional abilities over time.

### **INCREASED ABILITY** TO USE **EXECUTIVE FUNCTION SKILLS**



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.