

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.



EDUCATION

balletmet.org

Photography by Jennifer Zmuda



BalletMet's
THE WIGGLE JIG

2022-2023

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.

8

CENTRAL
OHIO SITES

20

PRESCHOOL
CLASSES

307

PRESCHOOL
CHILDREN

PROGRAM SITES



Key Findings and 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 **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 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.