



## FOR 25 TO 30 MINUTE CLASSES

These are two examples of shortened Vivadi classes. You can use these shorter plans in the way it better suits your weekly schedule. If you have any doubts please get in touch with us!

| EXAMPLE DAY 1   | EXAMPLE DAY 2  |
|---|--|
| <b>Starting Song + Common Thread</b><br>As we have already said, the starting song is essential for the development of the program. Try the different variants of the starting song depending on the children's attitude towards the starting of the class. | <b>Starting Song + Common Thread</b><br>The common thread will align all the activities giving them a unified focus. It's essential that you include it in every class. Hence, you can vary the character of the common thread to try different strategies and get to know you and your children better! |
| <b>Harmony time 1.0 and 2.0</b><br>Join the exercises of Harmony 2.0 to the Harmony 1.0 moment.   | <b>Harmony time 1.0 and 3.0</b><br>Join the exercises of Harmony 3.0 to the Harmony 1.0 moment.  |
| <b>Popcorn Time</b><br>Use the deck of cards!   | <b>Storytelling</b><br>+ optional activity   |
| <b>Storytelling</b><br>+ optional activity  | <b>Move Your Hips</b>  |
| <b>Ending Song + Road Map 3</b><br>To make sure the class has a clear end, and it didn't just end because time is up. This will help children feel that they've experienced something more than completing tasks.   | <b>Ending Song</b>   |