



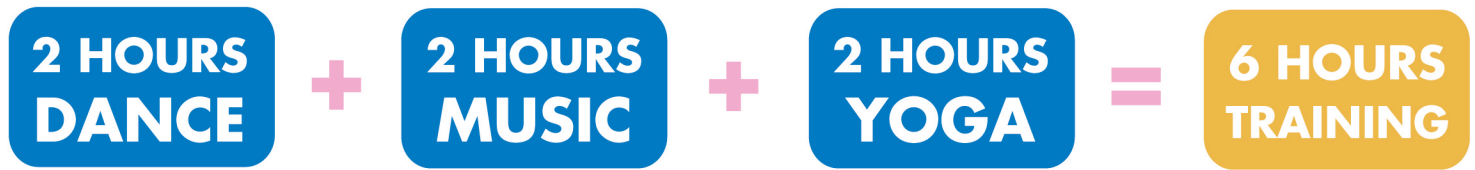
# TEACHER TRAININGS

DANCE

MUSIC

YOGA





## *What's Included*

### **Six hours of dance, music and yoga online training**

Easy to understand and simple to integrate into your daily curriculum. Dozens of activities and games with downloadable PDFs for teachers to take into the classroom.

### **Empower your teachers**

– give them the tools they need to become creative thinkers when developing curriculum for their classroom!

## *Benefits of the Program*

- **Unlimited access - allowing teachers to revisit the training as many times as they like**
- **Affordable & Convenient**
- **Flexible & Self-paced**
- **Optimized for working teachers**
- **Little to no additional cost with employee turnover**
- **Printable PDFs for classroom use**
- **Interactive format to ensure retention**
- **Multi-lingual interface**
- **Certificate of completion**
- **Team progress tracking**





# Music & Movement

**Music** is like magic to children. It elicits joy, happiness and even calms them in times of sadness. Children develop humor through songs, stretch memorizing power and awaken a love for poetry and imagery.

## Music Training Overview

In this workshop, we explore the benefits of music and movement. We go over basic music theory. We review how to use equipment commonly found in a childcare/preschool/Kindergarten setting to enhance and support language development. We examine how to maximize the educational experience through bringing basic math, science, geography and early literacy into song and movement with your students. We do this by teaching you over a dozen songs you can do with your students. In conclusion, we analyze ways to modify activities to ensure they are developmentally appropriate for your students.



## Skills Developed:

problem solving • team work • vocabulary  
ensemble singing • following directions  
taking turns • matching rhythm, pitch & tempo  
memorization • music appreciation • literacy  
math concepts • creative thinking



**Your teachers can learn  
to do what we do!**

## What Parent's Say About Our Program

"LOVE love love Jamaroo Kids! We have been to a few different classes at multiple locations, and my daughter has always had a blast. I love that the class is short, yet packed with so many different things. When classes are much longer, the little ones can't stay focused. It's so nice taking her to a class with upbeat and engaging teachers. I'm a Kindergarten teacher, and I definitely can tell when teachers enjoy what they are doing- Jamaroo gets an A+ because the teachers are excited to be sharing music with children.  
Highly recommend!"

## What Family Daycare Owners Say About Our Program

"Jamaica Stevens is a creative music and dance teacher that draws children into a world of music, dance, and fantasy play. She has created a curriculum that is fun and educational for all the little ones. Little Heaven Day Care is very happy to have Jamaica as a music and movement teacher."



## What Teachers Say About Our Program

"JAMaROO provides an amazing program, through dance and creative movement, for the children at our preschool. If you are lucky enough to meet teacher and JAMaROO owner Jamaica, you'll quickly discover that her positive attitude and kind-hearted patience is contagious. She always seems to find a way to diversify each class through a wide range of music, stretches, role play and dance moves. Each class has a unique, blend of multi-cultural songs along with familiar, classic children's tunes. The children are engaged through various movement tools like scarves and rhythm sticks. As a pre-Kindergarten teacher I can see that this program is thoughtfully planned and age-appropriate. Her classes are a success at our school and it shows through the children's continuous excitement to attend dance class each week! JAMaROO ROCKS!!!"

**Your teachers can learn  
to do what we do!**

## What Directors Say About Our Program

"JAMaROO Kids is awesome! I hired Jamaica and her staff to teach Music & Movement and Dance & Creative Movement classes to my 2-3 year old classroom. The children looked forward to having class every week because JAMaROO Kids gave them the opportunity to move their bodies and use new instruments. They loved stomping their feet like dinosaurs, blowing up their bodies like balloons, singing songs, and using fun props during class! Jamaica and her staff were able to keep my children engaged until the end of the class, when they receive their goodbye stamps!"



## Dance & Creative Movement



**Dance** uplifts, unites and empowers children. It also provides children with an opportunity to express their individuality while working on gross motor skills and developing cognitive and social skills.

## Dance Training Overview

In this training, we explore simple ways to come up with dance and creative movement activities for your classroom. We begin by reviewing the benefits of dance and creative movement. We move on to reveal different ways to get inspiration for dance with your students and how to go about finding music. We go over twenty basic movements and provide you with over a dozen different activities you can bring back into the classroom. We cover group dance activities and ways to help your students learn how to work together. Finally, we teach creative ways to use equipment commonly found in a classroom that will enhance your curriculum!

### Skills Developed:

self expression • coordination • strength  
cultural awareness • listening • problem solving  
team work • balance • flexibility • self esteem  
music appreciation • spatial awareness  
creative thinking • science concepts



# Yoga

**Yoga** is a fun, healthy, educational, challenging and noncompetitive activity that children love. We live in a fast-paced world that harbors stress and anxiety but Yoga can help counteract these pressures and teach children how to relax.

**Your teachers can learn  
to do what we do!**



## Yoga Training Overview

In this workshop, we discover unique ways to come up with yoga activities for your daily classroom curriculum. We begin by discussing the benefits of yoga. We move on to teach the most popular yoga poses to do with young children. We then go over breathing exercises and how these activities can be self-calming, promote mindfulness and emotional regulation. Next, we cover four different creative ways you can bring yoga into your classroom. We finish the workshop with fun yoga games that can be done with your students at any time inside or outside!



### What Family Daycare Owners Say About Our Program

"We have so many good things to say about Jamaroo Kids. Our preschool and daycare has been using Jamaroo Kids' wonderful service for yoga and music the past two years and everything has gone beyond our high expectations.

The owner, Jamaica, has real passion and expertise in running the program and also leading a wonderful team of teachers and staff.

All of the teachers we've met are very professional and well-trained, and it is easy to see they really respect and love the kids. All of the kids in our school really look forward to the Jamaroo Kids' classes every week! Thank you Jamaroo Kids. You have really had a positive impact on the kids' development and lives with your colorful, age-appropriate enrichment activities!"

## Skills Developed:

yoga poses • breathing techniques • balance  
self calming • coordination • concentration  
creative thinking • self expression • strength  
mindfulness • listening • problem solving  
team work • flexibility • geography

### What Parents Say About Our Program

"My son loves the JAMaROO Kids yoga class. His favorite move? The dog wagging his tail. He's made up a couple of his own moves— a cat wagging his tail and a rock lying still."

# ANNUAL MEMBERSHIPS

Choose a package. Join us on our mission to bring the joy of dance, music and yoga to children everywhere!

## The JAMaROO Scholar

 x 1

1 Teacher Login Included in this package

**\$199** Retail Price

**\$129**  
Conference Price  
(LIMITED OFFER)

This package has been designed for teachers that want to make the investment into their own education.

**COUPON CODES**  
Conference price:  
JAM-CONF

*\$19.99 renewal fee will automatically be charged to your card 14 days prior to your renewal date unless you cancel the payment.*

## The JAMaROO Family

 x 8

Up to 8 Teacher Logins Included in this package

One Head teacher/director Login

**\$495** Retail Price

**\$365**  
Conference Price  
(LIMITED OFFER)

**COUPON CODES**  
Conference price:  
JAMFAM-CONF

*Each additional Login is \$29.99*

*\$49.99 renewal fee will automatically be charged to your card 14 days prior to your renewal date unless you cancel the payment.*

## The JAMaROO Village

 x 20

Up to 20 Teacher Logins Included in this package

One Head teacher/director Login

**\$765** Retail Price

**\$595**  
Conference Price  
(LIMITED OFFER)

**COUPON CODES**  
Conference price:  
VILLAGE-CONF

*Each additional Login is \$19.99*

*\$99.99 renewal fee will automatically be charged to your card 14 days prior to your renewal date unless you cancel the payment.*

## The JAMaROO Community

 x 50

Up to 50 Teacher Logins Included in this package

One Head teacher/director Login

**\$899** Retail Price

**\$765**  
Conference Price  
(LIMITED OFFER)

**COUPON CODES**  
Conference price: COMMUNITY-CONF

*Each additional Login is \$9.99*

*\$189.99 renewal fee will automatically be charged to your card 14 days prior to your renewal date unless you cancel the payment.*

Sign Up HERE: [www.JAMaROOKids.com/teachertrainings/](http://www.JAMaROOKids.com/teachertrainings/)

Pick your package then add your code to save



## Testimonials

*"The benefits of JAMaROO Kids programs stretch beyond the classroom. Their programs build resiliency and learning fundamentals for lifelong social emotional growth. These skills are essential for children's success in and out of the classroom."*

**Amanda Jacobson-Eddy**  
Licensed Marriage & Family Therapist/ School District Mental Health Specialist

**Angela Beeck**  
CLASS Specialist and Assessor, Teachstone and WestEd

*"JAMaROO Kids is one of a kind. The curriculum is thoughtful and fun! It's perfect for teachers looking for activities to implement that meet early language and math skills among others. Their movement and music learning activities bring early learning standards to life! I am a big fan and would recommend JAMaROO Kids to any early childhood program."*

*"Jamaica's workshop was amazing. Her passion for physical activity was captivating and her hands on way of teaching was refreshing and fun. I really enjoyed how she took simple books and showed ways to develop them into something more by weaving song and movement into every page!"*

**Madelene McCann**  
Healthy Eating Active Living Coordinator for the Marin Child Care Council

**Marcela Amador**  
Tamalpais Preschool Director

*"We love having Jamaroo at our preschool every week. Children enjoy the instruments, puppets, games, and activities. Therefore, as soon as I heard they did teacher training I booked them. It was a great bonding experience for our teachers, as they had a great time in their training. The instructor was informative and energetic. I love all their Barefoot Books and songs, it is great to see them on YouTube, but it was better to see them being used in a classroom setting. I highly recommend enlisting Jamaroo for your next teacher training. They provide hands-on activities we can all use in the classroom, and it just brought a jolt of energy to our teachers".*