



Teacher Resource Guide

Cinderella

Before & After the Performance Activities

Dear Educators,

Thank you for bringing your students to experience **Ballet North Carolina's production of Cinderella!**

This study guide is designed to help prepare your students before attending the performance and extend learning through classroom discussion and creative activities afterward. The activities support language arts, social-emotional learning, music, theater, visual arts, and dance while encouraging imagination, empathy, and creativity.

BEFORE THE PERFORMANCE

About Cinderella

Cinderella is one of the world's best-loved fairy tales. It tells the story of a kind young woman who overcomes hardship through courage, perseverance, and compassion.

Although there are hundreds of versions of Cinderella from cultures around the world, each story reminds us that kindness, hope, and believing in ourselves can change our lives.

What is Ballet?

Ballet is a form of storytelling through:

- Movement
- Music
- Facial expressions
- Costumes
- Scenery

Unlike plays, ballet tells the story without words.

Meet the Characters

Cinderella

- Kind
- Hardworking
- Hopeful

Fairy Godmother

- Magical
- Wise
- Helpful

Prince

- Brave
- Honest
- Respectful

Stepmother

- Selfish
- Proud

Stepsisters

- Silly
- Jealous
- Funny

Vocabulary Words

Students can discuss these words before attending.

Kindness

Compassion

Transformation

Ball

Kingdom

Magic

Grace

Friendship

Hope

Perseverance

Prediction Questions

What do you think Cinderella wishes for?

How do you think the Fairy Godmother helps Cinderella?

Why do you think kindness is important?

What do you think will happen at midnight?

Observe During the Performance

Ask students to look for:

☐ Ballet shoes

☐ Costumes

☐ Sets

☐ Lighting

☐ Facial expressions

☐ Jumps

☐ Turns

☐ Lifts

☐ Funny moments

☐ Magical moments

AFTER THE PERFORMANCE

Discussion Questions

Who was your favorite character? Why?

How did the dancers tell the story without speaking?

Which costume did you like best?

What emotions did you notice?

What was your favorite scene?

How did the music help tell the story?

Social Emotional Learning

Discuss:

How did Cinderella show kindness?

How did she respond when others treated her unfairly?

How can we show kindness at school?

What does perseverance mean?

Have you ever helped someone like the Fairy Godmother helped Cinderella?

Creative Writing

Choose one:

Write a letter to Cinderella.

Pretend you attended the royal ball.

Write your own ending to the story.

Imagine you are the Fairy Godmother.

Describe your favorite dance.

Art Activity

Design your own:

 Crown

 Glass Slipper

 Magical Carriage

 Ball Gown

 Fairy Wand

Movement Activity

Become Ballet Storytellers!

Try moving like:

 Butterfly

 Royal Prince or Princess

 Pumpkin

 Mouse

 Clock striking midnight

 Fairy Godmother

Ask students:

Can you tell a story using only movement?

Compare & Contrast

Read a traditional Cinderella story after the performance.

How was the ballet different?

How was it the same?

Did the ballet use words?

How did the dancers communicate?

Music Connection

Listen to classical music.

Ask:

How does the music make you feel?

Can you imagine dancing to it?

Would it fit a happy scene or a sad scene?

Classroom Reflection

Complete the sentences.

My favorite character was _____ because _____.

The funniest part was _____.

I learned _____.

One way I can show kindness is _____.

Draw Your Favorite Scene

(Teacher may provide a blank page.)

"I remember when..."

Extension Activities

- Learn five ballet positions.
 - Practice simple ballet movements.
 - Create a classroom fairy tale.
 - Make paper crowns or slippers.
 - Invite students to choreograph a short Cinderella dance.
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North Carolina Curriculum Connections

This guide supports learning in:

- English Language Arts
 - Fine Arts
 - Music
 - Theater Arts
 - Dance
 - Visual Arts
 - Social Emotional Learning (SEL)
 - Creative Thinking
 - Communication Skills
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About Ballet North Carolina

Ballet North Carolina is dedicated to inspiring audiences through professional ballet performances and educational outreach programs throughout North Carolina. Our mission is to make the arts accessible to every child by fostering creativity, confidence, and a lifelong appreciation for dance.

Thank you for sharing the magic of Cinderella with your students!

"Where words end, dance begins."