LEXINGTON DANCE FACTORY

“THE NUTCRACKER”

An Interdisciplinary Curriculum Guide Educational Resource for Grades K–12

Presented by Lexington Dance Factory and One Love Dance Company

Performance Venue: EKU Center for the Arts | Richmond, Kentucky

Where academic learning meets the magic of dance.

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1. WELCOME TO THE NUTCRACKER

The Nutcracker is more than a holiday tradition. It is an opportunity for students to explore literature, history, music, mathematics, science, geography, culture, and the performing arts through a live theatrical experience.

Lexington Dance Factory invites students to discover how academic concepts come to life on stage through storytelling, choreography, musical composition, costumes, lighting, scenery, and theatrical production.

This curriculum guide is designed to help educators connect the Nutcracker performance at the EKU Center for the Arts to classroom instruction across all academic disciplines.

Lessons are organized by grade band and can be used independently or as part of a larger interdisciplinary unit.

Recommended instructional sequence:

- Before attending: Introduce the story, historical background, music, and vocabulary.
- During the performance: Encourage observation, listening, critical thinking, and artistic appreciation.
- After attending: Extend learning through writing, research, experiments, mathematics, creative projects, and discussion.

Teachers may select activities based on their students' developmental levels, instructional goals, and available classroom time.

2. LEARNING OBJECTIVES

Students will:

1. Understand the plot, characters, and themes of the Nutcracker.
2. Recognize ballet as a form of storytelling and artistic expression.
3. Identify the relationship between music, movement, and emotion.
4. Explore historical events and cultural influences surrounding the ballet.
5. Apply mathematical concepts to music, choreography, costume design, and theatrical production.
6. Investigate scientific concepts related to movement, sound, light, and stage effects.
7. Develop literacy skills through reading, writing, vocabulary, and critical analysis.
8. Explore geography and cultural traditions represented in the production.
9. Understand the collaboration and careers involved in producing a live performance.
10. Demonstrate appropriate audience etiquette and appreciation for the performing arts.

3. UNDERSTANDING THE STORY

The Story Behind the Ballet

The Nutcracker ballet is based on E.T.A. Hoffmann's 1816 story, *The Nutcracker and the Mouse King*. Alexandre Dumas later adapted the story into a version that influenced the ballet.

The ballet features music composed by Pyotr Ilyich Tchaikovsky and premiered in St. Petersburg, Russia, in 1892.

Act I: Clara's Christmas Eve

Clara celebrates Christmas Eve with her family and friends. Her mysterious godfather, Drosselmeyer, arrives with special gifts, including a Nutcracker doll. Along with her mother, brother, and party guests, Clara enjoys magical performances as Drosselmeyer makes his toy dolls dance. The Ballerina Doll, Little Miss Dolls, Flamingo Doll, and Gypsy Dolls delight Clara immensely.

Clara becomes especially attached to the Nutcracker. Her brother Fritz damages the doll, but Drosselmeyer repairs it.

Later, Clara falls asleep with her Nutcracker nearby.

The Battle Scene

As midnight approaches, Clara experiences a magical transformation. The Christmas tree grows, toys come to life, and an army of mice appears.

The Nutcracker leads the toy soldiers into battle against the Rat King and his army.

After a fierce battle, the Nutcracker defeats the Rat King.

The Land of Snow

The Nutcracker transforms into a prince and takes Clara on a magical journey through an enchanted winter landscape.

They are welcomed by the Guardian Angel, Snow Angels, and the Snow Queen.

Act II: The Land of Sweets

Clara and the Prince arrive in the Land of Sweets, where the Sugar Plum Fairy welcomes them.

The Prince shares the story of their battle, and a celebration of dances begins.

LDF's documented production program includes:

- Angels
- Lollipops and the Lollipop Princess
- Gumdrops and the Gumdrop Princess
- Mints and the Peppermint Princess
- Spanish Chocolate
- Chinese Tea
- Russian Trepak

- Arabian Coffee
- Mother Ginger and the Polichinelles
- Dance of the Toy Flutes
- Sugar Plum Fairy and Cavalier
- Waltz of the Flowers, Butterflies, and the Waltz Garland

The ballet concludes with Clara awakening beside her beloved Nutcracker.

Teacher note: Scene names, character assignments, and choreography may vary between productions. Use the current LDF program as the final reference.

4. ELEMENTARY CURRICULUM

Grades K–5

Instructional focus: Exploration, imagination, foundational skills, movement, and hands-on learning.

ENGLISH LANGUAGE ARTS

Kindergarten–Grade 2
- Retell the Nutcracker story using picture cards.
- Identify the beginning, middle, and end.
- Describe Clara, Fritz, Drosselmeyer, and the Nutcracker using adjectives.
- Draw a favorite scene and write one or two sentences about it.
- Create a class story map.

Grades 3–5
- Write a summary of the ballet in sequential order.
- Identify the main characters, setting, conflict, and resolution.
- Write a diary entry from Clara's perspective.
- Compare the Nutcracker ballet to a written version of the story.
- Create an alternative ending.

Essential question: How can a story be told without using words?

MATHEMATICS

Kindergarten–Grade 2

- Count dancers, mice, soldiers, flowers, and other stage characters.
- Identify shapes found in costumes and scenery.
- Create repeating patterns inspired by snowflakes and Nutcracker costumes.
- Practice sequencing using the order of scenes.

Grades 3–5

- Explore fractions through musical rhythms.
- Calculate the number of dancers in different formations.
- Create symmetrical snowflake designs.
- Measure and compare costume and stage dimensions.
- Use multiplication and division to plan seating arrangements.

Hands-on activity: Design a Nutcracker-themed seating chart using rows, columns, and multiplication.

SCIENCE

Kindergarten–Grade 2

- Explore how snowflakes form.
- Discuss the difference between living and nonliving things.
- Investigate how toys might appear to come alive through movement.
- Explore warm and cold temperatures.

Grades 3–5

- Investigate the science of balance and motion.
- Explore how the human body moves through muscles and joints.
- Examine states of matter using snow and ice.
- Design a paper snowflake and investigate symmetry in nature.
- Explore how light creates shadows on a stage.

Hands-on experiment: Compare how quickly ice melts under different conditions and connect the experiment to the Land of Snow.

SOCIAL STUDIES

Kindergarten–Grade 2

- Locate Kentucky, Russia, and Germany on a map.
- Discuss holiday traditions.
- Explore how families celebrate special occasions.
- Identify the roles of different people in a community.

Grades 3–5

- Learn about 19th-century European traditions.
- Explore the historical setting of the original story.
- Locate the countries associated with the ballet's music and traditional dance names.
- Compare holiday celebrations across cultures.
- Discuss how theater and ballet have changed over time.

Essential question: How do stories and traditions help us understand people from other times and places?

VISUAL ART

- Design a Nutcracker character.
- Create a paper snowflake using symmetry.
- Draw a winter landscape.
- Design a Christmas tree backdrop.
- Create a miniature ballet costume using paper, fabric, and craft materials.

MUSIC

- Listen to selections from Tchaikovsky's Nutcracker Suite.
- Identify high and low sounds.
- Recognize fast and slow tempos.
- Identify instruments in an orchestra.
- Draw a picture representing the mood of a musical selection.

PHYSICAL EDUCATION & HEALTH

- Practice balancing like a ballet dancer.
- Explore locomotor movements: skipping, jumping, turning, and galloping.
- Create a simple movement sequence inspired by snowflakes.
- Discuss the importance of warming up, stretching, hydration, and physical activity.

TECHNOLOGY

- Research images of Nutcracker productions.
- Create a digital story map.
- Design a digital Nutcracker invitation.
- Explore how lighting and sound technology enhance a performance.

5. MIDDLE SCHOOL CURRICULUM

Grades 6–8

Instructional focus: Analysis, inquiry, problem-solving, research, and collaboration.

ENGLISH LANGUAGE ARTS

- Compare Hoffmann's original story with later adaptations.
- Analyze how ballet communicates character development without dialogue.
- Identify themes such as courage, imagination, jealousy, generosity, and transformation.
- Write a persuasive essay: Why should schools provide students with access to live performing arts?
- Write a theatrical review using evidence from the performance.
- Create a modern retelling of the Nutcracker.

Writing prompt: Is Clara's journey a dream, a fantasy, or a representation of personal growth? Support your interpretation with evidence.

MATHEMATICS

- Analyze rhythmic patterns and fractions in musical measures.
- Calculate dance formations using ratios and proportions.
- Explore geometric transformations through choreography.
- Investigate symmetry in costume design and stage arrangements.
- Create a theater seating plan using area, multiplication, and coordinate grids.
- Develop a production budget involving costumes, props, lighting, and staffing.

Project: Plan a miniature Nutcracker production with a fixed budget. Students must allocate funds and justify their choices.

SCIENCE

- Study the biomechanics of ballet.
- Examine center of gravity, balance, force, and motion.
- Explore sound waves and how instruments produce different pitches.
- Investigate stage lighting, reflection, and color.
- Research how the human body uses muscles, tendons, joints, and energy during dance.
- Examine the physics of jumps, turns, and controlled landings.

STEM challenge: Design a stable miniature theater set that can support a moving puppet or figure.

SOCIAL STUDIES

- Research European society during the 19th century.

- Explore the historical development of ballet in France and Russia.
- Study the influence of European courts on classical ballet.
- Investigate the development of the Russian ballet tradition.
- Examine cultural representation in the traditional divertissements.
- Compare historical holiday customs with modern traditions.
- Explore the history of performing arts in Kentucky.

Research question: How did European culture influence the development of classical ballet?

GEOGRAPHY & WORLD CULTURES

- Locate the geographic regions referenced in the Land of Sweets.
- Research the cultural origins of Spanish, Chinese, Arabian, and Russian dance traditions.
- Investigate the difference between a traditional cultural dance and a theatrical interpretation.
- Examine how food, music, clothing, and traditions reflect geography and history.

Important discussion: The traditional dances in the ballet are theatrical interpretations, not comprehensive representations of the cultures they reference. Students should investigate authentic cultural traditions and consider how artistic representation can evolve.

VISUAL ART & DESIGN

- Analyze color theory in costume design.
- Design a costume that communicates a character's personality.
- Create a stage backdrop using perspective.
- Study how texture, fabric, shape, and color affect a production.
- Design a promotional poster for LDF's Nutcracker.

MUSIC

- Study Tchaikovsky's life and musical career.
- Identify the instruments used in the Nutcracker Suite.
- Analyze tempo, dynamics, melody, and musical themes.
- Examine how music communicates tension, excitement, and emotion.
- Compare two different performances of the same musical selection.

PHYSICAL EDUCATION & HEALTH

- Study flexibility, strength, endurance, and coordination.
- Examine the role of core strength and balance in ballet.
- Design a dancer's warm-up routine.
- Research nutrition and hydration for performing athletes.
- Explore injury prevention and safe movement techniques.

TECHNOLOGY & ENGINEERING

- Research how theater lighting systems work.
- Explore digital sound production.
- Design a miniature stage using 3D modeling or CAD.
- Create a digital program for a fictional ballet.
- Investigate how automation and technology are used in modern theaters.

6. HIGH SCHOOL CURRICULUM

Grades 9–12

Instructional focus: Critical analysis, advanced research, artistic interpretation, interdisciplinary application, and career exploration.

ENGLISH LANGUAGE ARTS & LITERATURE

- Analyze E.T.A. Hoffmann's original literary work.
- Compare the literary source with Dumas's adaptation and the ballet.
- Evaluate how changes in medium affect characterization and plot.
- Analyze symbolism associated with the Nutcracker, Christmas tree, mice, and transformation.
- Write a critical review of the production.
- Develop a thesis-driven literary analysis.
- Examine the relationship between fantasy, reality, childhood, and identity.

Advanced writing prompt: How does the Nutcracker use fantasy to explore the transition between childhood imagination and adult reality?

MATHEMATICS

- Analyze rhythmic structures using fractions and mathematical notation.
- Explore sequences, patterns, and repetition in choreography.
- Use trigonometry to examine movement, angles, and spatial formations.
- Apply geometry to stage design and sightlines.
- Calculate theater capacity and seating efficiency.
- Develop a complete production budget.
- Analyze ticket pricing and revenue projections.

Advanced project: Develop a financial plan for producing a ballet, including fixed costs, variable costs, ticket revenue, and break-even analysis.

BIOLOGY & HUMAN ANATOMY

- Study the musculoskeletal system and its role in ballet.
- Analyze muscle groups used in turns, jumps, extensions, and balance.
- Examine the relationship between physical conditioning and injury prevention.
- Research energy systems and muscular endurance.
- Explore nutrition, recovery, and the demands of athletic performance.

Research question: What physiological adaptations are necessary for a dancer to develop strength, flexibility, and endurance?

PHYSICS

- Analyze force, momentum, acceleration, and gravity in ballet.
- Investigate rotational motion and angular momentum during turns.
- Explore acoustics and sound wave behavior in a theater.
- Study reflection, refraction, and color through stage lighting.
- Examine the mechanics of jumps and controlled landings.
- Analyze how stage design affects sound and visibility.

Lab investigation: Record a dancer's rotation using video analysis and examine how body position influences rotational speed.

CHEMISTRY

- Explore the chemistry of pigments and costume dyes.
- Investigate the properties of fabrics and synthetic materials.
- Examine the chemistry of ice formation and melting.
- Research theatrical fog and haze technology, including appropriate safety considerations.
- Explore the materials used in props, adhesives, and set construction.

WORLD HISTORY

- Investigate European society in the early 19th century.
- Study the Romantic movement in literature, music, and art.
- Examine the history of classical ballet in France and Russia.
- Research the influence of imperial patronage on Russian performing arts.
- Explore the historical development of Christmas traditions.
- Evaluate how cultural exchange influences artistic expression.

GEOGRAPHY & CULTURAL STUDIES

- Research the regions represented by the Land of Sweets dances.
- Investigate the origins of traditional music and dance forms.
- Compare authentic cultural traditions with their theatrical interpretations.
- Analyze cultural appropriation, cultural appreciation, and artistic adaptation.
- Evaluate how globalization influences modern performing arts.

Research project: Select one cultural tradition referenced in the ballet. Investigate its history, music, movement, costumes, and contemporary significance.

VISUAL ARTS & THEATER DESIGN

- Study professional costume construction and design.
- Explore historical costume influences.
- Analyze lighting, scenery, color theory, and visual composition.
- Develop a concept for a contemporary Nutcracker production.
- Create costume renderings and stage design models.

- Investigate sustainable costume and set production.

MUSIC & MUSIC THEORY

- Analyze Tchaikovsky's orchestration.
- Study musical form, harmony, melody, and rhythm.
- Examine leitmotifs and recurring musical themes.
- Explore the relationship between choreography and musical phrasing.
- Compare traditional orchestral arrangements with contemporary adaptations.
- Research the role of the conductor and musicians in a ballet production.

ECONOMICS & FINANCIAL LITERACY

- Develop a production budget.
- Analyze the economics of live theater.
- Investigate ticket pricing and audience demographics.
- Explore sponsorships, donations, and nonprofit arts funding.
- Calculate revenue, expenses, and break-even points.
- Discuss the economic impact of arts organizations on local communities.

BUSINESS & ENTREPRENEURSHIP

- Develop a marketing campaign for a ballet.
- Create a social media promotion plan.
- Identify target audiences.
- Develop sponsorship packages.
- Explore event management and production logistics.
- Examine the responsibilities of artistic directors, producers, choreographers, and stage managers.

CAREER & TECHNICAL EDUCATION

Explore professional opportunities in:

- Professional dance and choreography
- Arts administration
- Costume design and construction
- Lighting and sound engineering
- Theater management
- Stage production
- Music composition and performance
- Photography and videography
- Marketing and public relations
- Education and arts outreach
- Physical therapy and sports medicine
- Event planning and hospitality

Career connection: Students investigate one career connected to the production and develop a job description, education pathway, and estimated career requirements.

7. ACADEMIC CONNECTIONS AT A GLANCE

Academic Area	Elementary	Middle School	High School
ELA	Story sequencing and character descriptions	Literary comparison and reviews	Literary analysis and thesis writing
Math	Counting, shapes, patterns	Ratios, fractions, geometry	Trigonometry, budgeting, financial analysis
Science	Snow, ice, movement	Physics, sound, biomechanics	Anatomy, physics, chemistry
Social Studies	Maps and traditions	European history and cultural geography	19th-century history and cultural analysis
Visual Art	Drawing and crafts	Costume and set design	Professional design and production
Music	Tempo and instruments	Musical analysis	Composition and orchestration
PE/Health	Balance and movement	Fitness and conditioning	Anatomy, physiology, injury prevention
Technology	Digital storytelling	Theater technology	CAD, video analysis, production systems
Economics	Simple buying and selling	Production budgeting	Revenue, expenses, sponsorships

Career Education	Community helpers	Theater careers	Arts entrepreneurship and career pathways

8. BEFORE THE PERFORMANCE

Suggested activities to prepare students for their visit to the EKU Center for the Arts.

Activity 1: Meet the Characters

Introduce Clara, Fritz, Drosselmeyer, the Nutcracker Prince, the Rat King, the Snow Queen, and the Sugar Plum Fairy.

Students predict each character's role in the story.

Activity 2: Explore the Music

Listen to selections from Tchaikovsky's Nutcracker Suite.

Ask students:

- What emotions do you hear?
- What kind of movement might accompany this music?
- Does the music sound playful, mysterious, frightening, or peaceful?
- Which instruments do you recognize?

Activity 3: The Theater Experience

Introduce the EKU Center for the Arts and discuss:

- What is a performing arts center?
- What happens backstage?
- Who works behind the scenes?
- How is a live performance different from watching a movie?
- Why is audience etiquette important?

Activity 4: Make a Prediction

Have students write or draw what they expect to see during the performance. Students revisit their predictions afterward.

9. DURING THE PERFORMANCE

Encourage students to become active observers.

Ask them to notice:

Storytelling
- How do dancers communicate without speaking?
- How do facial expressions and gestures communicate emotion?

Music
- How does the music change between scenes?
- What instruments can students identify?

Movement
- Which movements appear challenging?
- How do dancers work together?
- How do formations and patterns change?

Visual Design
- What colors are used in each scene?
- How do costumes communicate character?
- How does lighting change the mood?

Production
- What changes between scenes?
- What happens behind the scenes to make the performance possible?

Students can keep a simple observation journal or mentally collect details for a post-performance assignment.

10. AFTER THE PERFORMANCE

Elementary
- Draw a favorite scene.
- Retell the story.
- Write a thank-you note to the dancers.
- Create a paper Nutcracker.
- Describe three things that surprised them.

Middle School
- Write a performance review.
- Compare predictions with what actually happened.
- Research a character or dance.
- Analyze the use of music and costumes.
- Create an alternative scene.

High School

- Write a formal theatrical critique.
- Analyze choreography and artistic interpretation.
- Evaluate production design.
- Research the historical and cultural influences.
- Propose a new interpretation of one scene.

11. CROSS-CURRICULAR PROJECTS

These projects can be used as individual assignments, group activities, enrichment opportunities, or culminating assessments.

Project A: Design a Nutcracker Production

Students become the creative team responsible for producing their own Nutcracker.

Required elements:

- Production concept
- Character list
- Costume sketches
- Stage design
- Music selections
- Lighting plan
- Production budget
- Promotional materials

Differentiation:

- Elementary: Create a poster and character drawings.
- Middle: Develop a production concept and simple budget.
- High: Produce a detailed design portfolio and financial proposal.

Project B: The Science of Dance

Students investigate the science behind ballet.
Topics include:

- Balance
- Gravity
- Momentum
- Muscular strength
- Flexibility
- Sound
- Light

Differentiation:

- Elementary: Demonstrate balance and movement.
- Middle: Explain how force and motion affect dance.
- High: Conduct a video-based movement analysis.

Project C: Around the World in the Land of Sweets

Students investigate the geographic and cultural influences represented by the traditional divertissements.
Topics:

- Spain
- China
- The Arab world
- Russia

Students research:

- Geographic location
- Traditional foods
- Music
- Dance
- Clothing
- Cultural traditions

Differentiation:

- Elementary: Create a country or region passport.
- Middle: Create a comparative cultural presentation.
- High: Develop a research-based analysis of theatrical cultural representation.

Project D: The Economics of the Arts

Students explore what it takes to produce a professional-quality ballet.
Topics:

- Costumes
- Dancers
- Rehearsals
- Theater rental
- Lighting
- Props
- Marketing
- Ticket sales
- Sponsorships

Differentiation:

- Elementary: Plan a simple pretend production with play money.

- Middle: Create a basic production budget.
- High: Calculate expenses, revenue, and break-even ticket sales.

Project E: Create a Nutcracker Soundtrack

Students explore how music shapes the audience's experience.

- Elementary: Select music to represent different emotions.
- Middle: Compare musical selections and explain their moods.
- High: Analyze orchestration and propose music for a contemporary adaptation.

12. ASSESSMENT AND REFLECTION

Teachers can use the following questions to assess student understanding.

Elementary

1. Who is the main character?
2. What happens to the Nutcracker?
3. Who does the Nutcracker fight?
4. Where does Clara travel?
5. What was your favorite part?

Middle School

1. How does the ballet tell a story without dialogue?
2. How does music influence the mood of a scene?
3. What historical influences can you identify?
4. How do costumes and scenery support the story?
5. What did you learn about the work required to produce a ballet?

High School

1. How does the ballet interpret its original literary source?
2. What historical and cultural influences shaped the production?
3. How do choreography and orchestration work together?
4. What scientific principles are demonstrated through ballet?
5. How does a performing arts production operate as a business?
6. What is the value of live performing arts education?

Suggested Grading Rubric

Category	Points
Content knowledge and accuracy	25
Critical thinking and analysis	25
Creativity and application	20
Research and supporting evidence	20
Presentation and communication	10
Total	**100**

13. NUTCRACKER VOCABULARY

Term	Definition
Ballet	A theatrical dance form using structured movement and technique
Choreography	The creation and arrangement of dance movements
Choreographer	The person who creates a dance
Composer	A person who writes music
Corps de ballet	A group of dancers who perform together

Divertissement	A series of dances or entertainment within a larger production
Ensemble	A group of performers working together
Libretto	The written story or text of a staged musical work
Pas de deux	A dance for two performers
Plié	A bending of the knees
Pirouette	A turn on one foot
Pointe	Ballet technique performed on the tips of the toes using pointe shoes
Rehearsal	Practice in preparation for a performance
Set design	The creation of the scenery for a production
Stage manager	The person coordinating the technical and organizational aspects of a performance
Tempo	The speed of music
Tutu	A skirt worn in classical ballet
Waltz	A dance in triple meter

14. TEACHER RESOURCES & EXTENSIONS

Suggested Online Resources

Lexington Dance Factory

- Official website: https://www.lexingtondancefactory.com/
- One Love Dance Company: https://www.lexingtondancefactory.com/one-love-dance-company

EKU Center for the Arts

- Official website: https://ekucenter.com/
- Venue information, accessibility, parking, and visitor resources are available through the center.

Additional Educational Resources

- Library resources on E.T.A. Hoffmann and the history of ballet.
- Recordings of Tchaikovsky's Nutcracker Suite.
- Historical images of 19th-century European life.
- Museum collections featuring historical ballet costumes and theater design.
- Educational resources on anatomy, biomechanics, music theory, and stage technology.

Kentucky Academic Standards Connections

This guide is designed to support interdisciplinary instruction aligned with Kentucky Academic Standards, including:

- English Language Arts: reading, writing, speaking, listening, and research.
- Mathematics: number sense, algebraic thinking, geometry, measurement, and mathematical modeling.
- Science: physical science, life science, engineering, and scientific investigation.
- Social Studies: history, geography, economics, and civics.
- Arts and Humanities: dance, music, visual arts, and theater.
- Health and Physical Education: movement, fitness, anatomy, and wellness.
- Technology: research, digital communication, design, and problem-solving.

Teachers should select grade-specific standards based on the activities they implement and their district's adopted curriculum.

CLOSING THOUGHT

The Nutcracker provides a unique opportunity for students to experience the arts as an essential part of education.

Through Lexington Dance Factory's production at the EKU Center for the Arts, students can see firsthand how creativity, discipline, collaboration, history, science, mathematics, and storytelling come together to create a live theatrical experience.

Our hope is that students leave the theater with more than memories of a beautiful performance. We hope they leave with a greater appreciation for the arts, a curiosity about the world around them, and an understanding that learning can happen in unexpected and magical places.

Lexington Dance Factory

Inspiring the next generation through the magic of dance.