Chapter Four: Nesting Doll Dance
Performed by Natasha Mirny

Natasha leads viewers through a dance inspired by her favorite childhood toy—a Russian nesting doll.
To Prepare for This Experience

- **Have everybody join!** This field trip is highly interactive and includes something for everyone! We encourage you to share this experience with friends and family all ages.

- **Find an open space.** You will experience opportunities for movement like stretching, moving your arms and jumping in place -- so if possible, join from a space that allows everyone to move freely.

- **Join at your own pace.** Don’t worry if your child chooses not to participate in the whole experience, or is shy at first. They will likely be encouraged to join in if they see others participating.

- **Grab a scarf or a small towel.** This field trip will take you on an imaginary trip to Russia and you will need a scarf to keep you warm. If you do not have one – an imaginary one will do!

Sights and Sounds

- **Russian nesting dolls**

- **Pavlovsky Posad Shawl**
**Conversation Starters for Extended Learning**

Natasha speaks Russian.
- Can you try to pronounce these Russian words and phrases?
  - *Pavlovsky Posad Shawl* – Russian Scarf
  - *Poka-Poka* – Bye Bye

Natasha’s favorite toy when she was growing up was her nesting dolls.
- What is your favorite toy?
- Can you make up a dance about your favorite toy?

**Artist Information**
To learn more, please visit [https://happytheater.com/natasha-mirny/](https://happytheater.com/natasha-mirny/)

*This program is made possible with support from*

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