

# PAL and PAL+ Content

	PAL	PAL+
<b>Components</b>	Two Components: <ul style="list-style-type: none"> <li>• Classical Music &amp; Dance</li> <li>• Yoga &amp; Music</li> </ul>	Four Components: <ul style="list-style-type: none"> <li>• Classical Music</li> <li>• Creative Dance and Movement</li> <li>• Drama</li> <li>• Yoga</li> </ul>
<b>Age Level</b>	3-5 years of age	Pre-Kindergarten to Gr. 2
<b>Monthly Themes</b>	20 months: Each month has a unique fun theme (Refer to <b>PAL Monthly Themes</b> )	20 months: Each month has a unique fun theme (Refer to <b>PAL Monthly Themes</b> )
<b>Number of Monthly Lessons</b>	1 lesson with 4+ activities and extensions per component Total: 2 lessons/month	4 lessons with 3+ activities per component Total: 16 lessons/month
<b>Subscription Content</b>	<ul style="list-style-type: none"> <li>• Monthly-themed integrated arts curriculum</li> <li>• Instructional videos for each lesson</li> <li>• Downloadable lesson plans</li> <li>• Audio and graphics files</li> <li>• FWC Yoga Cards &amp; Games</li> </ul>	<ul style="list-style-type: none"> <li>• Monthly-themed integrated arts curriculum</li> <li>• Instructional videos for each lesson</li> <li>• Downloadable lesson plans</li> <li>• Audio and graphics files</li> <li>• FWC Yoga Cards &amp; Games</li> </ul>
<b>Audio Files</b>	<ul style="list-style-type: none"> <li>• Songs, rhymes, and chants</li> <li>• <b>FWC</b> classical music audio for teachers</li> <li>• <b>FWC Just for Kids</b> audio for students</li> </ul>	<ul style="list-style-type: none"> <li>• Songs, rhymes, and chants</li> <li>• <b>FWC</b> classical music audio for teachers</li> <li>• <b>FWC Just for Kids</b> audio for students</li> </ul>
<b>Graphics Files</b>	15+ visuals/month	20+ visuals and presentations/month
<b>Children's Literature</b>	2-3 quality children's books recommended every month as extensions of the lessons (optional) *Note: Books are not included in the cost. They can be borrowed from a library or purchased separately.	2-3 quality children's books integrated in the lessons every month (required) *Note: Books are not included in the cost. They can be borrowed from a library or purchased separately.
<b>FWC Digital Teacher's Guides</b>	PreK – Gr. 3 Vol. I & II – Optional (Free for teachers who have already purchased hard copies)	PreK – Gr. 3 Vol. I & II – Optional (Free for teachers who have already purchased hard copies)
<b>Cost</b>	Monthly Subscription: \$12 Yearly Subscription: \$99 <b>FWC Yoga Cards &amp; Games:</b> No cost with subscription (\$17.95 value) <b>FWC Digital Teacher's Guides:</b> 40% off with annual subscription, one time only	Monthly Subscription: \$16 Yearly Subscription: \$149 <b>FWC Yoga Cards &amp; Games:</b> No cost with subscription (\$17.95 value) <b>FWC Digital Teacher's Guides:</b> 40% off with annual subscription, one time only