

And...Freeze!



Concentrating now, can you move about and can you....freeze?

What to do:

Explain how the game works: dance when the music plays, or follow particular actions, and then freeze exactly as they are when the music stops.

Try this:

This game has the additional benefit of providing many developmental opportunities, including:

- + Listening and moving at the same time.
- + Controlling muscles.
- + Following directions.

- + Hop on one leg.
- + Dance with arms waving in the air.
- + Jump like a kangaroo.
- + Row a boat.
- + Skip.

How does everyone look when they freeze?

Invite the children to share movement suggestions. For example: shake it, hop on the spot, run, twirl.

