

Freeze Dance



Learning Value:

Listening and responding to music encourages mindfulness in children, while stopping and holding your body in place strengthens core muscles and helps develop balance.

Materials Needed:

- ▶ Music
- ▶ Audio player

Participants:

This activity is intended for adult/child interaction or 2 or more participants/players.

Directions:

- ▶ **Step 1:** Play music and encourage your child to move and dance to the beat. Do this by dancing with children yourself and exaggerating your movements.
- ▶ **Step 2:** Stop the music and say, “Freeze!” showing your child how to stop your body and hold your position.
- ▶ **Step 3:** Start the music again and resume dancing. Periodically pause the music and encourage your child to freeze in place each time they hear the music stop.

Learn More:

Experiment with different types of music. Try playing music with different tempos, rhythms, and beats.