

Freeze Dancing

Age: 2 years and up

What's needed

Music



What to do

1. Play different types of music for short and long periods of time.
2. Stop the music at unpredictable times, asking the children to freeze in the spot and action they are doing when the music stops.
3. Have children suggest actions to do during the music: wiggling, dancing, jumping and so on.

What children will learn

Coordination; physical activity; following directions

