



Bean Bag Freeze Dance Grades Pre-K – 12

Needed Materials: music & bean bags

Instructions: For this activity, the students will be dancing, throwing up, & catching their bean bags while the music is playing. When the music stops, the students have to catch their bean bag (optional; can allow to fall to the floor) and freeze.

If the students are still moving around when the music is off then they are out, however this is optional. You can continue to allow them to stay in the game and have fun.

*Let's
Dance!*