

# Dance & Pose – All Grades

**Needed Material: music and space**

**Instructions: This activity is very simple and very much like traditional Freeze Dance except when the music stops, the students must do a specific pose. This activity will improve listening and memory skills.**

**Below is a list of poses that the students can do when the music stops. The teacher will tell the students what the pose must be before the music starts. When the music starts and then stops the students not only must freeze in time, but strike the pose instructed. Whoever doesn't do the pose, is out!!**

**You can keep the same pose for the next few tries, but when you're ready to change the pose be sure to let the students know before the music starts.**

**Pose like a...**

- Triangle**
- Make a circle**
- Numbers 1 and 7**
- Letter T, K, L, I, Y, M, C, A**
- Starfish**
- Bird**
- Penguin**
- Pole**