

FREEZE DANCE

THINGS YOU'LL NEED

- Space
- Music

INSTRUCTIONS

- Create a playlist of songs for your student that they'll love (you can always ask them before doing the activity what songs they like). Play the first song and periodically pause the music.
- When the music stops, the student must freeze and be still until the music comes back on. If the student moves, they are out of the game. However, if there is only one student you can create a point system.
- If they are caught moving when the music stops 3 times then they can be out. If you have more than one student, each person has only 1 time to move and they're out. For the first few tries DO NOT incorporate the point system or have them sit out. Get them used to knowing that when the music is playing its time to dance, and when the music stops it's time to FREEZE.
- Once they understand it's time to really go for it! Mix up the activity to best suit your students abilities and excitement.

Enjoy!



I JUST LOVE
TO DANCE.

FUTURE
DANCER