



# Bean Bag Balance Freeze Dance Grades Pre-K – 12

Needed Materials: music & bean bags

Instructions: For this game, the students will balance the bean bags on their head, chest, shoulder, or arm while dancing. When the music starts, the students will balance the bean bags and dance at the same time. When the music stops, they must freeze.

Whoever is still moving is out of the game, however this can be optional.

Also, if the students drop their bean bags they should pick it up and try balancing again until the music stops.

*Let's  
Dance!*