

# Turn Into...

## Grades 2-5



Similar to “Freeze Dance,” when the music stops dancers will “freeze” in place!

How It Works: This time, however, before pausing the song, tell your student how they should freeze. You can say something like “turn into a fish” or “stand tall like a tree.” Have the student hold the pose for a few seconds and then start the music again.

What You’ll Need: A music player (smartphone, computer, stereo, etc) and a list of things for the student to freeze as; ex. animals, tree, plant, statue, etc.

