**Freeze dance**

**Physical activity links:** Vigorous play; creativity and self-expression; social skills; developing movement skills (e.g. locomotor and body control)

**Language/literacy links:** Vocabulary development; support play with talk and sign (e.g. interpreting directions); pretending

**Equipment:** Music (e.g. CD player, radio, singing)

**Where:** Indoors or outdoors

**Book link:** *Slither, Swoop, Swing* by Alex Ayliffe; *Animmachines* by Debora Pearson

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**Let's play**

- Invite the children to move to the music (e.g. walk, skip, roll, twirl, sway). Stop the music and call “freeze.” The challenge for the children is to stay perfectly still until you start the music again (e.g. three to four seconds).

- Play freeze dance differently by:
  - Calling out different characters or objects and have the children move like: an ice-skater spinning; a puppy with a sore paw; a cat stalking a bird; a sleek racing car; a donkey pulling a very heavy load...
Try this way

- Read the book *Slither, Swoop, Swing* or and act out the movements in the pictures. Take turns coming up with and calling out movement ideas. Use these actions in freeze dance.
- While playing freeze dance have the children interpret feeling words with movement: happily, sadly, energetically, solemnly, mysteriously, joyfully, etc.