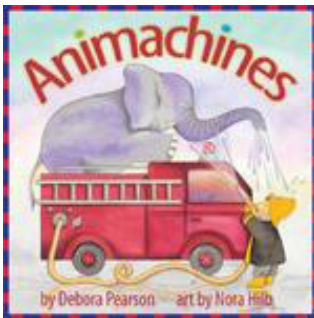


Freeze dance

Let's play and talk together

- ❖ Choose some music to play or sing a song that your child will enjoy. Invite your child to move to the music, e.g. by walking, skipping, rolling, twirling or swaying.
- ❖ Explain that when you stop the music, it will be time to "freeze." This means trying to stay perfectly still until the music starts again.
- ❖ Stop the music and call "freeze." Encourage your child to hold the position that he or she is in when the music stops.
- ❖ Start the music again after three or four seconds.

A good read-together book



Animachines by Debora Pearson

You will need a large open space and you should be able to make music that is easy to start and stop, e.g. with a radio, CD player, musical instrument or your voice.

This activity develops large muscle movement skills, body control, balance, creativity and self-expression. It also helps children learn to listen and respond quickly.



Hints for success

- ❖ At first, call "freeze" at a point when your child is in an easy position to stop and balance. Make the game more challenging once your child is able to stop moving and hold simple positions.
- ❖ Begin by playing music without words so your child can easily hear you call "freeze."

Can you move like a butterfly?

I see that you can balance on one foot!

Ways to say it

More ideas for Freeze dance

Try this way

- ❖ Suggest different movements made by characters or objects. For example, invite your child to move like an ice skater, a puppy with a sore paw, a cat stalking a bird, a sleek racing car, an airplane, etc.
- ❖ While playing freeze dance, have your child interpret feeling words with movement, e.g. happily, sadly, solemnly, mysteriously, joyfully, energetically, etc.

Language development

Read the book **Animachines** together. Act out the movements in the pictures.

Take turns coming up with and calling out movement ideas when playing "Freeze Dance".

Book link

Slither, Swoop, Swing by Alex Ayliffe

