

FREEZE DANCE!

Using any song, play the game FREEZE DANCE! This game is great for students of any age, but especially for students in kindergarten through third grade because it is a fun way to learn how to respect each other and the space around us.

This game is best played in an open space, but if space is limited it can be done in the aisles between desks. Have students spread out and find a spot to stand. An easy way to accomplish this is by having students extend their arms making themselves into a human T-shape. Tell them to spread out far enough so they are not touching their neighbors on either side. (If space is tight, instead of using the full length of their arms, they can extend just their elbows.) This is now their **spot**.

Once they are spread out go over the three simple rules for freeze dance.

1. When the music is playing you must dance in your **spot**!
2. When the music stops, you must freeze in your **spot**!
3. Keep our hands to ourselves or No touching
 - a. Sometimes classes respond well to a simple command of what not to do (no touching), others prefer an affirmative command (Keep our hands to ourselves). Decide which is best for your class.

I find it very helpful to practice these three rules before putting the music on. For example I say, "Okay everyone...DANCE! Now...FREEZE!" Practice these several times so students get used to the idea. Because accidents do happen, and touch will most likely occur, it is also important to practice saying "sorry" when that happens. Most students know this, but it is a great reminder and a great practice in respect.

The teacher will manually stop the song. For the first few rounds making a big deal out of going to stop the music will help students know that it will soon be time to freeze. As students get more comfortable, it can be fun to surprise them with freezes to check to see if they are paying attention to their surroundings.

*If desired, simple variations can be applied to help increase the students' spatial awareness. All the while, avoiding contact with each other.

1. Students can dance around their spot, but must freeze on their spot.
2. Students can dance and freeze anywhere in the room.

Some fun song ideas...

1. I Like to Move It from *Madagascar*
2. Safe and Sound by Capital Cities
3. Firework by Katy Perry
4. Best Song Ever by One Direction
5. The Fox by Ylvis