

Freeze! Let's dance! **Instructions for a Led Improvisation Exercise**

This is an exercise that will get your kindergarten through fifth grade students up and moving and help them explore creating movement on their own.

The rules are simple: When the music is playing, they dance. When the music stops, they freeze. No running is allowed!

Each time you start the music, you will provide the students with a specific task for their movement. I like to begin with freestyle, and explain that this means they can do whatever they want (except run!). I repeat freestyle every 3 to 5 tasks but do not repeat any others. ANYTHING can be a task and try to be mindful about varying the type of task you are offering (speed, body part being used, object to dance like, etc.). Here are some possible examples of tasks you can provide:

- Freestyle
- As fast as you can
- As slow as you can
- Even slower!
- Dance with only your head/shoulders/chest/knees/feet/ears/hips/eyebrows/hands/fingers/tongue/teeth/fingernails (any body part!)
- Dance on the floor
- Like one foot is glued to the floor
- Like a worm/bird/bug/cat/tiger/frog/rabbit/goose (any animal!)
- Show me your favorite move!
- Dance while you shake
- While you spin
- As big as you can
- As small as you can
- Like a robot
- Like an old man
- Like your mom
- Like a farmer
- Like your favorite singer
- Like a rock
- Like water
- Like the rain

Again, ANYTHING can be a task! Don't be afraid to get silly with them. Sometimes things that don't seem the most logical (like a rock) give you really interesting results. You may let them dance for 5 seconds, 10 seconds, 30 seconds, 60 seconds before you have them freeze. I suggest varying the length of times you allow them with each task.

You may wish to play more than one song and, afterwards, have the students reflect on whether or not the different music had any effect on their movement. You may also have the students find a partner or get in small groups and share how they performed a specific task (like "worm") and discuss the similarities and differences between the various ways people performed "worm."