

## FREEZE DANCE

Grades K-5

### FREEZE DANCE PREPARATION:

**Materials:** Playlist with pre-selected songs as enrichment class teacher, you'll be in charge of the music.

Choose a few fun, fast-tempo songs for this activity. Time permitting, have students offer suggestions or vote on favorites in advance. (Also be sure to listen to and screen the songs in advance, and to look for parental warning labels.) This can be played in a room, hallway or gymnasium, even outside if you have music availability.

### Instructions:

- Outstretch your arms and make sure you can turn in a full circle without hitting anyone around you.
- When the music starts, dance! (The crazier the better!)
- When the music stops, freeze in your position.
- Anyone who moves after the music stops is out!
- Repeat again and again until one person is left.
- The last person standing gets to choose the next song!