



Freeze

Experience

Invite your child to choose a favourite piece of music/ song. Explain that when the music is playing they can begin to move their body and dance. When the music stops, they have to freeze or stand as still as they can. Once you have explained these rules you can begin the game and start the music. After a couple of seconds, you can stop the music. Repeat this a few times.



Learning benefits

- Understanding directions
- Increases gross motor skills (large muscle skills)
- Development listening skills



5 mins



2-3 years

Materials

Music

Hints and Tips

Vary the length between when you play and stop the music

Join in dancing with your child

Role model different dance moves

Played indoors or outdoors