

W.E. EARLYON STAYING CONNECTED



FREEZE DANCE

WHAT YOU NEED:

- ◇ Your bodies
- ◇ Music

WHAT TO DO:

- ◇ Choose age-appropriate music
- ◇ Choose someone to be in charge of the music. Players can rotate so everyone has a turn with the music
- ◇ Start the music and everyone dances/moves
- ◇ Stop the music. Everyone must freeze when the music stops
- ◇ If anyone moves when the music stops, they are “out” for this round
- ◇ Start the music again. Play until there is only one person standing

Freeze like a ... :

- ◇ Statue
- ◇ Monkey
- ◇ Butterfly
- ◇ Ballerina