



## Freeze

### Description

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Students practice controlling themselves while having fun dancing.

## Supplies

- Different pieces of paper with stick figures drawn in different positions
- Music

## How to Play

1. Explain to the group that today is a dance challenge.
2. Tell them that when the music is playing they will dance.
3. During the music, the leader will hold up a stick figure picture.
4. When the music stops, students must freeze in the position that the stick figure is in.
5. Students must control their impulse to continue dancing after the music stops.
6. If a student freezes in the correct position, they step forward.
7. If a student continues dancing or doesn't freeze in the correct position they must take a step back.
8. The goal is for all students to make it to the front of the room.

## Activity Prompts for Reflection

- How difficult was it for you to pay attention to the stick figure while dancing?
- Was there anything that made it easier for you to control yourself during this activity?
- Were there any other times today that it was hard for you to control yourself?
- What was a positive result of your staying in control during this activity?

## Other Ways to Play

- Put hula hoops on the ground for students to dance inside. This will help them be aware of each student's personal space.
- To make it easier, don't worry about the stick figure drawings and just have students freeze in any position when the music stops.
- Call a student up for each round and have them show the stance that students need to freeze.

## Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- Engage your students by getting on their level and participating with them.
- Be supportive of your group by remaining positive and offering encouragement for students to dance and remember the freeze position.

### Category

1. Activities
2. Self-Management

### Sel-competency

1. Self-Management

### Allotted-time

1. 30 minutes

### Themes

1. Acting and Music