



Virtual Games – Freeze Dance

Description

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Help your students practice self-control during this activity. Students will get their energy out during this fast-paced dancing activity and will also have to practice focusing.

Supplies

- Music

How to Play

1. This activity works best on a virtual platform like Zoom, where students can see the adult and where the adult can see the students.
2. Ahead of time choose what music you will be playing for this activity:
 - Choose based on interests your students have
 - Choose a variety of different songs to relate to all different students
 - Ensure that all songs are appropriate for the age of students you are working with.
1. Describe how you will play a song and show them a pose that they must freeze in when the music stops.
2. Tell them that they must be using their eyes to look at and remember the pose, their ears to listen to when the music stops, and their energy to dance and control themselves when the music stops.
3. Start the music and have students start to dance, freeze the music randomly and see who is frozen in the right pose and who is not.
4. Continue until the time is up.
5. Example of freeze poses:

- Arms and legs wide in an X pose
- Yoga tree pose
- Dabbing
- Touching your toes
- Bunny ears behind your head
- Making an “O” over your head with your arms
- Jump outside of the camera view
- Virtual high-five pose

Activity Prompts for Reflection

- Did you make a mistake during this activity? What happened?
- What were some ways you controlled what you did during this activity?
- What were some ways you reacted positively during this activity?

Other Ways to Play

- Instead of assigning poses, just have students freeze in a pose of their choice.
- For each round, pick a word in that song that students freeze to. When they hear that word in the song, everyone freezes.

Additional Notes

- Create a playlist of songs ahead of time to avoid ads and ensure songs are appropriate.
- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities
2. Self-Management

Sel-competency

1. Self-Management

Allotted-time

1. 15 minutes

Themes

1. Acting and Music