

Freeze

### Description

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Students practice controlling themselves while having fun dancing.

# Supplies

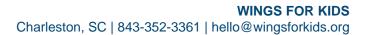
- Different pieces of paper with stick figures drawn in different positions
- Music

## 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

WINGS

- 1. Activities
- 2. Self-Management

#### Sel-competency

1. Self-Management

### Allotted-time

1. 30 minutes

### Themes

1. Acting and Music