

Dear Families,

We have been playing “Freeze Dance” in school! Ask your child what they remember about the game, how to play it, and what they liked about it. Gather family and friends together to play at home. Invite your child to explain the game to the group.

How to Play

Select the music you want to listen to. Choose someone to start and stop the music. When the music plays, everyone dances! When the music stops, everyone freezes in their position, still as a statue. Continue this pattern of starting and stopping the music.

Ways to Vary the Game

- Select different genres of music such as jazz or classical. Or listen to your favorite musicians.
- Decide how everyone should dance. Quickly? Slowly? With their arms overhead?
- Dance in partners or in a group.

Did You Know?

Games like “Freeze Dance” are useful for teaching young children impulse control. Learning to think before they act is a developing skill.

In school we listened to Wynton Marsalis, an acclaimed American jazz trumpeter and composer, as we played the game “Freeze Dance.”

