FREEZE DANCE

SUPPLIES
- An open space
  - Living room or bedroom
- Music to play
- Your dancing feet!

TRY IT OUT!
1. Choose a Freeze Dance leader. The leader will be in charge of playing and pausing the music.
2. Play music! When the leader yells "Freeze!", the music will stop and everyone has to freeze in place.
3. Don't move until the music starts again!
4. Take turns being the Freeze Dance leader.

LET'S TALK ABOUT IT!
What is your favorite dancing music?

How does music make you feel? How do you feel when you dance? Why?

Make up a silly pose to go along with the game! Give the pose a name and have the leader say it while playing!