



Freeze Dance/Movement Game

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Why: This activity is all about moving your body in some way, but also learning to listen while moving. Sometimes it can be hard for little ones to move and still be paying attention to what people are saying. A freeze dance game helps kids work on this skill in a fun way so when it is essential, like in a parking lot, your child will be able to hear the word STOP and know that means to freeze and listen!

How:

Put on your favorite dance music (can be slow or fast)

- Do some type of movement to the music- dance around, jump, bounce on a lap or ball, rock in a rocking chair, spin in an office chair-ANY movement is good!
- If your child is ready for it, see if they can move to the beat- this requires more listening and motor planning/coordination. If they are too young just understanding that they need to move in some way is great
- If your child can't move on their own you can hold them and dance/move with them or help them move in a piece of equipment like a swing, bouncer, sitting with them on your lap or a ball or pushing their stroller in a circle.
- Every 20-30 seconds or so turn off the music and say **freeze!** Wait another 10-20 seconds and say "go" as you turn the music back on.
- There are freeze dance songs you can access through your smart speaker or youtube as well <https://youtu.be/2UcZWXvgMZE>
- Repeat this 5 or 6 times or until the song ends.
- For older kids this can be a game they can do on their own with younger siblings.

Extra bonus tip: You can also let your child decide when to go or stop sometimes- this is a great way to work on getting children who aren't yet using words to make a sound or approximation of the word for "stop" or "go".

Target Area/ECC Domain:

1. This is teaching a really important life skill- paying attention and listening!!
(compensatory skills and sensory efficiency)
2. Moving you body in different ways/exercise (rec and leisure)
3. Dancing is something that is part of many social events (social skills)