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Simple Freeze Dance Activity!

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Auditory processing + self determination + movement = fun!

Materials: Some room to move and a music player (can be your phone)

Directions: The rules are simple: dance, move, wiggle, roll or jump when the music is playing, then stop the music intermittently and FREEZE in place! This activity can be done with all ages-hold your child as you sway or dance with them in your arms and freeze when the music stops!

Want to make this activity even more meaningful? Use it as an opportunity for your child to practice self-advocacy! When you stop the music, wait quietly for your child to indicate that they want more music and/or movement in some way before playing the music again. This communication could be anything from verbal requests, grunting, clapping, tapping or banging their hands, turning their heads towards the music source or looking towards your face. This is a great way for your child to practice self-determination! This activity could also be adapted through the use of big and little movements- small, quiet movements when the music is played lower, bigger movements when the music is turned up!

Target areas: auditory processing, self determination, self-advocacy, communication, gross motor movement, cause/effect concept development