



Level: Preschool

Cost: None

Mess factor: None

Suggested room in the house: Open space — bedroom, living room or outside

This activity will get you and your children moving to a groovy beat! As their body is moving, their brain will be thinking, because this activity is packed with things to learn.



Your child will experience:

- Learning new words
- Taking turns
- Exercise
- Learning about time (starting and stopping on a signal)
- Self-control
- Moving to music



Materials:

- A CD Player
- Music that is lively and will get your child moving (music without words usually works best)
- If music isn't available, simply clap your hands or jingle a set of car keys

Beginning:

Begin this activity by introducing the word *statue* and ask children if they have ever seen one or know what that is. Talk with them about statues by describing how statues look (they are usually made out of rock or stone, are hard, represent people or animals) and by listening to what they think a statue is. Say "Let's pretend I turn you into a statue! Make a pose and stand still!" Next, tell them you are going to play a "frozen statue" game. Explain that they will move while the music plays and then freeze like a statue when the music stops.



Middle:

Play the music on the CD player and encourage children to move to the music. They will really enjoy this activity if you get on the dance floor, too! Stop the music and have children freeze their body in a pose. Make sure you talk about the position of their body. You might say, "You have one foot on the ground and one foot off the ground!" Continue to play and stop the music as long as children seem interested in the activity. Remember to make a comment about their body each time the music stops, or encourage them to describe their statue poses.



End:

When you see children aren't as interested, give a warning like "Ok, this will be our last pose and then it will be time to stop."

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Cleanup:

Have children help you put the CD away.



Younger children:

- Toddlers may have a harder time stopping right when the music stops or holding their body still, but they will still enjoy dancing!
- See if they can shake only one part of their body — such as a hand or tummy.

Older children:

- Older children will enjoy trying new movements or extreme body poses.
- This activity could be done outside to let the older children gallop, skip and jump around!
- Ask older children to describe the way their bodies are posed using different kinds of words. For example, if a child is bent at the hips, offer new words to describe the pose like “Oh you are leaning forward.” Or, “You are facing down.”



Hints:

- If there are several children, each could take a turn stopping the music.
- Copy children’s poses. They think it is pretty cool when someone wants to be like them!

More!



- Try this game on car trips. Children can still move their bodies or parts of it in their car seat!
- Play this game when you ask your child to help clean something up. Say “See how much you can clean up before I stop the music and turn you into a statue!”
- Teach your child “stop” in sign language: the right hand chops down on the open palm of the left hand.

Special Needs Accommodations:



- **If children are physically challenged**, allow them to perform movements that are comfortable for them. Instead of moving their whole body, perhaps they can move their limbs or head.
- **For children that get easily upset by loud music or lots of movement**, let them operate the CD player or time how long the other child(ren) have to stay frozen.