

## Activity Instructions

Activity Name: **Freeze Dance**

Study: **Trees**

Objective for Learning: **5, 4**



The following supplies are needed for this activity:

**Phone with Music Application**  
**Radio**

Instructions:

- Play dance music
- Explain to your child that when the music stops they need to freeze (stop moving and be still)
- When the music restarts they can dance again
- Hit stop on the music at various times.

In addition to being a fun game that kids love this helps your child's brain develop skills that will translate to waiting for their turn and will help with impulse control. Who knew a little dancing could be so powerful?