



Freeze Dance

Handout B54



Some music we can dance to:

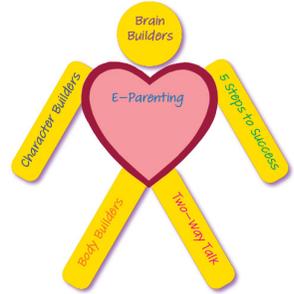
- _____
- _____

Which Daily Do I want to focus on practicing:

- _____

When will we do this activity:

- _____
- _____



Who else can do this activity with my child:



- _____
- _____

How to do this activity:

1. Use **Ready for Play and Learning** to see if your child is ready to play and learn. Remember to use **5 Steps to Success** as you help your toddler explore their natural curiosity during the activity.
2. Ask your child if they'd like to do Freeze Dance with you. Then in a safe place with room to dance, encourage them to dance with you. Then at random times, yell: **Freeze!** As you yell **Freeze!** stop dancing, freezing in place.
3. Do this over and over again. The more you do the activity with them, the more they'll understand and be able to stop when someone says, **Freeze!**
4. To make this even more fun, you can add music that your child likes, make funny faces as you freeze, and encourage other family members to join the fun.