

: MINDFUL FREEZE :

This is a playful movement game that develops listening skills, body awareness, balance, coordination and creativity.

Ages: 6–10

Number of Players: 2+

Time: 15–30 minutes

What you'll need: Open floor space and radio or music player

HOW TO PLAY

1. Pick one person who will turn the music on and off. This person will be giving instructions on what movement or animal to be. They will call out a movement or animal and play music. Players will move around the space doing the movement or being the animal that was called out.
2. When the music stops players are to freeze. The challenge is to stay as still as you can in whatever position you're in when the music stops.
3. Players stay frozen in the position until the music is turned on again.
4. Each player gets a chance to play the music. Players get to call out 3 movements and/or animals before someone else gets to go.

- Marching
- Walking on tippy toes
- Walking on heels
- Walking backwards
- Walking sideways
- Bear walk
- Crab walk

- Slithering snake
- Frog jumps
- Bunny hops
- Hopping on one foot
- Airplane
- Be your favourite animal



OPTIONS

- Be creative! See what other movements and animals you can think of.
- Instead of using music, try ringing a bell.