

FREEZE AND BE

GRADES: K-2

FORMATION: Standing in their own personal space

EQUIPMENT: Beanbags (different colors)

LEARNING OUTCOMES: Balance, coordination, and ability to listen to verbal and non verbal cues.

SAFETY CONSIDERATIONS: Remind participants to be cautious when moving and to be aware of the personal space of others. Check that the participants have enough space to perform the activities safely.

RULES/DIRECTIONS:

1. Teacher pre-assigns certain movements to certain colors on the bean bags. One color could be a freeze color (say Blue).
2. On a signal, ask the students to move around the classroom with the music doing the different movements for 30 seconds when the different colored bean bags are held up. When the Blue beanbag is held up, everyone freezes.
3. Challenge students to freeze on different signals (e.g. hand signal, clapping a word).