

Dance Daze® At Home Challenge #8: Freeze Dance



1: What is freeze dance?

Freeze dance is a movement activity that is often played in physical education (P. E.) classes at school or as part of dance classes. Generally, when playing a game of freeze dance, there is either music or silence. When the music is playing, we can move our bodies and dance. When the music stops, we freeze our bodies.

2: Why is freeze dance important?

Freeze dance is important because it can help us develop many skills for our body and our mind. When we play freeze dance, we are working on our creativity skills, our impulse control, and our problem-solving skills. Additionally, we can practice skills such as mindfulness (being aware of our feelings) and metacognition (understanding our thoughts).

3: How can I play freeze dance?

You can play freeze dance as long as you have music and yourself. Many children's music artists make freeze dance songs these days, with the freezes built into the song. You can also have a classmate, a friend, a parent, or a trusted grownup freeze your favorite song for you so that you can practice dancing and freezing.