



Move of the Month

Freeze Dance

Materials:

- Music/speakers
- Optional: recording sheets

Directions:

1. The teacher will start the music.
2. When the music stops – the students freeze.
3. Hold up a math fact, time card, sight word, or any questions that the students can answer or read (this can also be on the projector).
4. Choose a student (or group of students) to answer the question.
Students may write the answer down on a recording sheet or dry erase board.
5. Continue activity with shorter dance breaks until several tasks have been practiced.

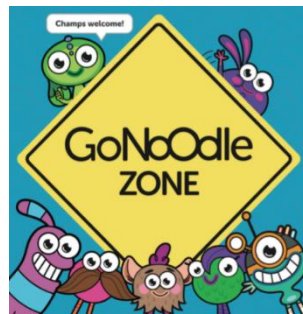
Notes

Freeze dance is great to review sight words and other facts (multiple choice, math facts, as a brain booster).

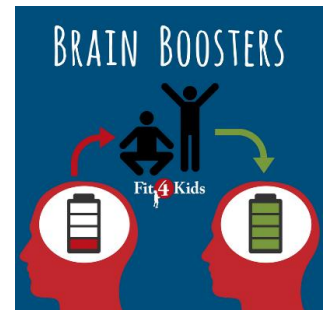
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[Brain Boosters](#)



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[Pink Oatmeal Blog](#)



[Halloween Brain Boosters](#)