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| **Section: Freeze Dance** | | | |
| **Objective:** | | Freeze Dance – turn on music.  When music stops children have to freeze. Particularly useful in conjunction with more academic IRI as it breaks up concentration and gets children moving their bodies.  SEL Competency: Self Management  Developmental level: Emergent  Key Message: movement break for children. This helps use up energy and aid self-management.  Time: variable, depends on length and number of music piece(s) chosen. Min. 5 mins 30 seconds | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | STANDARD INTRODUCTORY JINGLE NO.xx |
| **2.** | Host | | We’re going to play a game called Freeze! now. It’s a really fun game that will get us all up and moving!  Are you ready to hear the instructions? |
| **3.** | All | | Yes |
| **4.** | Host | | Great! I’m going to play a song and when the music is playing, I want you to move. You can move however you want. You can walk around the room, you can run or jump or you can dance. Whatever feels the most fun for you!  When I stop the music, and you hear silence, I want you to freeze. Stop moving wherever you are. Even if you have one foot in the air, keep it lifted while there is no music. When the music starts again, you can continue moving. Walk, run, jump or dance away until the next freeze!  Are you ready? |
| **5.** | All | | Yes |
| **6.** | Host | | Ok, lets go |
| **7.** | FX (sound FX) | | Begin music – play an upbeat, popular song with no wording that would be inappropriate. Choose a song of roughly 3 – 4 minutes in length. Stop the track every 15 – 30 seconds. |
| **8.** | Host | | How was that? Did you have fun playing the game? |
| **9.** | All | | Yes |
| **10.** | Host | | Do you want to play again? |
| **11.** | All | | Yes |
| **12.** | Host | | Ok, lets go! One more time! |
| **13.** | FX (sound FX) | | Begin music – play an upbeat, popular song with no wording that would be inappropriate. Choose a song of roughly 3 – 4 minutes in length. Stop the track every 15 – 30 seconds. |
| **14.** | Host | | Was that fun? |
| **15.** | All | | Yes |
| **16.** | Host | | Was it hard to freeze when the music stopped? |
| **17.** | All (at once) | | No  Yes  Sometimes |
|  | Host | | (LAUGHING KINDLY) Everybody is diffeerent, some children find it really easy to freeze like a statue and some children are having so much fun movng that they forget to listen for the end of the music! |
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