

Freeze Dance

Exercise | Dance



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WHAT MAKES IT MEANINGFUL

Playing Freeze Dance is meaningful because it combines physical activity with fun and laughter, encouraging everyone to be active while enjoying the moment. It helps improve coordination and listening skills as players respond to the music and stop on cue. The game promotes social interaction and inclusivity, allowing everyone to participate and share in the joy of dancing together. Additionally, it fosters a sense of achievement and boosts confidence through creative expression and playful competition.

TIME

30+ Minutes

MATERIALS

- An open space to move freely
- A device to play music from
- A group of participants to play with (either in person or virtually)
- A video call platform (like Zoom, Google Meet, or Skype) (optional)



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INSTRUCTIONS

1. **Choose Your Music:** Pick a fun and upbeat song that everyone enjoys. You can create a playlist with several songs if you want to play multiple rounds.
2. **Clear the Space:** Make sure there's enough room for everyone to move around safely without bumping into anything.
3. **Set Up the Video Call (optional):** Choose a video call platform that works for everyone, and set up a meeting link. Share the link with all participants and audience members ahead of time. Test your camera, microphone, and internet connection before the show to make sure everything works smoothly.
4. **RULES:**
 - a. **Start Dancing:** Everyone dances freely and has fun while the music plays.
 - b. **Freeze on Cue:** When the music suddenly stops, everyone must freeze in their current position. No more movement or talking until the music starts again.
 - c. **Freezing the music:** For each round, pick someone as the 'referee', have this person pause the music whenever they want and spot the people who keep dancing after the music is turned off. Make sure you switch who the referee is after each song to make sure everyone gets a chance to dance and ref.
5. **PLAY:**
 - a. **Start the Music:** Hit play on your music and everyone begins dancing.
 - b. **Stop the Music:** Randomly pause the music. Watch everyone try to freeze in place!
 - c. **Check the Freeze:** See if anyone is still moving or if they're holding their freeze position. If someone moves, they're out for that round (optional, depending on how competitive you want to be).
 - d. **Restart the Music:** Start the music again and let everyone dance until it stops once more.
6. **Continue Playing:** Keep playing rounds, stopping the music at different times and having fun with different dance moves.
7. **Cheer and Applaud:** Celebrate everyone's efforts with cheers and applause. Encourage creativity and funny freeze poses!
8. **Try New Themes:** Add themes to the game, like dancing like animals or in slow motion, for extra fun.

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RESOURCES

- How to make a Spotify Playlist: [Create playlists - Spotify](#)
- How to make a YouTube Playlist: [Create & manage playlists - Android - YouTube Help](#)
- How to make an Apple Music Playlist: [How to create a playlist in the Apple Music app - Apple Support \(CA\)](#)
- How dance is good for development: [Dancing and the Brain | Harvard Medical School](#).
- Benefits of Dance as Exercise: [Dance - health benefits](#)
- Simple exercise warm ups: [Introduction and gentle warm up exercises | Move more with MS](#)
- Simple dance moves: [BASIC DANCE MOVES FOR BEGINNERS | EASY TUTORIAL](#)
- How to use Zoom: [Getting started guide for new users](#)
- How to use Google Meet: [Start or schedule a Google Meet video meeting - Android](#)
- How to use Apple Facetime: [Make FaceTime calls on iPhone - Apple Support \(CA\)](#)
- How to use Skype: [How do I get started with Skype? - Microsoft Support](#)
- How to use Microsoft Teams: [Get started with Microsoft Teams](#)

SUPPORTS NEEDED

Some individuals may need assistance operating the technology.

OTHER THINGS TO NOTE

- Use Variety: Mix up the music genres and tempos to keep the game exciting.
- Keep It Light: The goal is to have fun, so focus on enjoyment rather than competition.
- Be Safe: Make sure there's enough space and no obstacles to prevent accidents.