

Musical Statues

Children of all ages love to jump, bounce, and dance to music. This activity gives them the opportunity to move freely and practice their balance and coordination skills.

MOVEMENT SKILLS: dancing, jumping, marching, balancing

MATERIALS

- a music player with upbeat music that you can play and stop easily (optional: drawings or pictures of people in various poses)

HOW TO PLAY

- Explain to children that you will play some music. Tell them that they can **dance** or **move** when they hear it, but must freeze and not move when the music stops and you call out, “Statue!” Encourage them to move as fast as they can – **jumping, bouncing, marching, wiggling** – only while the music is playing.
- Play and stop the music and call out, “Statue!” Repeat this several times.

POSSIBLE VARIATIONS

- Hold up pictures for children and ask them to freeze in the pose that is shown. The images of Grover below are great ideas for poses!
- If you are working within a larger space or outdoors, have children spread out and dance in different areas.

Learning Links



Literacy: Ask children to freeze in the shape of a letter, such as the letter O.

When the music starts playing again, encourage them to dance while singing the letter sound (“Oh, oh, oh!”). The next time the music stops, ask children to think of a word (even a silly one) that begins with that letter.



Nutrition: Together with children, freeze in poses that show you eating different kinds of healthy foods. You might freeze biting into an apple, peeling a banana, eating a sandwich, or drinking water.

