



♥ HEALTHY START FITNESS FUN ♥  
ACTIVITY 7

## Freeze Dance

You will need: a tape player or radio

- Tell the children to feel their hearts.
- Have the children warm up with the stretch and bend song.
- Explain the rules of Freeze Dance to the children:
  - While the music is playing, they must dance and move around.
  - When the music stops, they must freeze and feel their hearts beating faster.
  - When the music starts again they can dance and move.
- Be sure to cool down afterwards.

