



# ARTS INTEGRATION AT HOME

## FREEZE DANCE

Through these arts integration activities we want to offer a few simple, creative, educational, and arts-based ways to spice up your distance learning. The directions for the activity are shared in two ways - for caregivers/teachers and for kids who can read so they can do the activity independently. Have fun, and feel free to share what you do with us.

Tips for how to utilize these strategies:

- Use this strategy today, or print it out for a later date.
- Feel free to use a strategy more than once. Repetition will help students become familiar with the directions and then be able to take more ownership of sharing what they know through the activity.
- Play them for fun - you don't have to stick to talking about school information.

### FREEZE DANCE

Freeze Dance is an invitation to move your body and listen. Dance asks us to be present in our body - learning how it moves and how we can be more comfortable in it. You can also use this activity as a moment to introduce the music of different cultures or discuss how art is a form of resistance.

These activities are curated by Sarah Coleman, Portland Ovations' Director of Engagement/School Programs. Sarah is a theatre educator, an arts integration specialist, and a former classroom teacher who has taught students in grades K - college as well as led professional development workshops for teachers around the country for over 15 years.





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## FREEZE DANCE

### DIRECTIONS FOR CAREGIVERS/TEACHERS

For this activity you need an open space and a device that can play music. Pick out a song or playlist (or check out one of Portland Ovation's season themed playlists). Explain the rules to your students. When the music plays, they dance. When the music is stopped, they have to freeze. If they are the last person to freeze then they are out and take a seat to the side. Or, don't play with outs and just start the music again.

### Then What?

- This is a great way to introduce new music styles - particularly ones that come from cultures and experiences different from your own. Some suggestions include Go-Go (native to Washington, D.C.), Zydeco, the protest songs of The Staples Singers, Indigenous musicians, and the fiddle music of Maine.

### Tips!

- For some students, they can get stuck on what the song they are dancing to will be. If you know this might be an issue, be clear ahead of time you'll be picking the music.
- Encourage kids to move however they feel inspired to (safely). Model that comfort in your own movement. There is no right or wrong way to move especially since you are the expert on your own body.

### Follow up Questions

1. Describe how you feel after your Freeze Dance dance party.
2. What were the different ways that you moved your body? How would you describe your movement?

*Follow up questions allow kids to practice [reflection and metacognition](#) (thinking about one's thinking) both of which are key parts of effective learning.*





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## FREEZE DANCE

### DIRECTIONS FOR KIDS

*Today's activity, Freeze Dance, is an invitation to move your body and listen.*

There is no right or wrong way to move especially since you are the expert on your own body.

#### How to do this activity

1. Find an open space inside or outside to move.
2. Get a device that can play music. Pick out a song or playlist.  
(Don't spend all your time finding the perfect song. Just pick a playlist and put it on shuffle.)
3. Have someone be in charge of starting and stopping the music (ideally someone who isn't dancing).
4. When the music plays, dance. When the music is stopped, freeze.
5. Repeat until you are exhausted.

#### Then What?

- Pick different types of music to dance to. Try out songs that come from cultures different from your own. Maybe Jazz or Zydeco, music by Indigenous musicians, or the fiddle music of Maine.
- Have a Freeze Dance party over video call with all your friends and family.

#### After your dance party think about and discuss these questions.

1. Describe how you feel after your Freeze Dance dance party.
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2. What were the different ways that you moved your body? How would you describe your movement?
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