

Activity Title: The Freeze

Grade Level: K - Adult

CONCEPTS AND SKILLS

Choose one of the following as the focus for your instruction

Body, Concentration, Following Directions, Responding

VOCABULARY

Choose vocabulary to complement your chosen concept or skill

Body, Concentration, Following Directions, Responding

CONNECT TO...

Social/Emotional Learning

MATERIALS

Signaling Device

Activity Description

Hit tambourine (or other signal device) and participants freeze holding as still as they can until you give another signal (verbal or two beats, for example) that unfreezes them.

*See **Concentration and Partner Work** on OneStopDRAMAShop.com for a full lesson plan using and teaching this strategy. This is an important activity as it sets a classroom management signal. Classroom teachers really appreciate this. Don't use the signal for anything else except drama. Let the participants know they can breathe and blink their eyes during the freeze. Try not to turn this into a silly game. This is a very important activity. It reinforces so many skills, as well as giving you a management control device.*

SPACE: Participants in a circle or open space.



Your Personal NOTES

Write your notes and thoughts here after teaching the activity so you can remember changes or additions you made.

TIPS, HINTS, AND STRATEGIES

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Encourage them not to get silly.

LOOK FOR THESE THINGS!

Were they able to concentrate without showing off or getting silly?

