**Burr! It’s cold outside!**

**Now is a great time to work on some gross motor skills indoors and get the wiggles out! Being involved in movement positively affects children both cognitively and physically.**

**![C:\Users\Staff\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\G0FJ207P\MC900018267[1].wmf]()Freeze Dance ![C:\Users\Staff\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\G0FJ207P\MC900329305[1].wmf]()**

**![C:\Users\Staff\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WFC5QMHV\MC900410675[1].wmf]()**

* **What you will need:**
	+ **Some music, giggles, and your dancing shoes!**
* **How to Play:**
	+ **Put on some music**
	+ **Have everyone start dancing!**
	+ **Stop the music at random times and everyone has to freeze! ( stop in place in whatever dance move you were in)**
	+ **Take turns being the D.J.**