**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].wmfFreeze 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.**