

Body

Special Education Services

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Musical Statues

Description: This activity provides physical activity indoors. You will need an open space and a source of music (even better if someone is singing traditional songs or playing instruments). Works best as whole family since there are more people to take turns being the 'judge'.

Develops: Balance, response time, auditory (listening) cues.



Instructions:

- 1) Play/sing music.
- 2) Dance along to the music.
- 3) When someone randomly stops the music, everyone must 'freeze' like a statue.
- 4) Whoever does not stop, or cannot hold a statue pose, is the judge for the next round.
- 5) Extension: use this opportunity to teach children about different types of music and dances. Try to use favourite songs of different family members.