

Musical Statues

PLAY

To help students practice listening, self-control, and body awareness by dancing to music and freezing in place when the music stops. The game encourages creativity, focus, and fun.



Learning Intentions

I can practice listening skills by paying attention to the music and stopping when it pauses:



This helps students develop their ability to listen and respond to auditory cues.

I can improve self-control by freezing my body when the music stops:

This encourages students to practice self-regulation and control over their movements.

I can develop body awareness by noticing how my body moves when I dance and when I freeze:

This promotes mindfulness and helps students become more aware of their physical movements.



Success Criteria

I can listen carefully to the music and stop moving when it pauses:

This ensures students are engaged in the listening process and can respond quickly to the cues.

I can freeze like a statue and hold still without moving:

This helps students practice self-control and mindfulness in their movements.

I can move creatively when the music plays, enjoying the freedom of dancing while being aware of my body:

This encourages students to express themselves freely through dance while developing coordination and balance.



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Objective:

To help students practice listening, self-control, and body awareness by dancing to music and freezing in place when the music stops. The game encourages creativity, focus, and fun.

Players: Ideal for 4-20 students.

Materials:

- Music player or device to play music.
- Optional: Fun, energetic music to encourage dancing.

Time Required: 10-15 minutes.

Setup:

Ensure students have enough space to move around freely and safely. Prepare a selection of lively, upbeat music to play during the game.

Gameplay:

1. Explain the Game:

Tell students that they will be dancing while the music is playing. When the music stops, they must freeze in place like a statue and hold still until the music starts again.

2. Start the Music:

Begin playing the music and encourage students to dance however they like. They can move their bodies, jump, spin, or wiggle. The key is to have fun and express themselves.

3. Stop the Music:

At random intervals, pause the music. Students must immediately stop dancing and freeze in whatever position they are in. They should try to hold still and not move, just like a statue.

4. Encourage Focus and Creativity:

When the music starts again, students can continue dancing in new ways, adding different moves or dancing to the rhythm. Remind them to listen carefully for when the music stops and to be ready to freeze.

5. Continue the Game:

Repeat the process several times, with the music stopping and starting at different intervals. You can add variety by changing the tempo of the music or suggesting different dance styles (e.g., "Dance like an animal" or "Move like a robot").

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Winning the Game:

There is no winner in this game. The goal is for students to practice listening skills, self-control, and body awareness, while having fun dancing and freezing to the music. Success is measured by participation, focus, and creativity in movement.

Family or Classroom Variation:

In a classroom or family setting, you can take turns being the "DJ" and letting students choose the music. You can also add extra challenges, such as "Freeze in a silly pose" or "Dance like you're underwater," to make the game even more fun.

Additional Notes:

"Musical Statues" is a wonderful game for developing listening skills, self-regulation, and coordination. It encourages students to focus on the music and their bodies, while also promoting creativity and movement. This game can be used as a fun, energising activity to break up the day, and it is adaptable for various group sizes and settings.

