

Play “Freeze Dance”

Outcome: This fun game helps children improve their self-regulation skills by through practice in following directions and managing emotions (e.g., excitement or calmness) when moving or staying still. This will help your child’s performance in school by building their ability to focus on tasks, manage their behaviours, refocus, and control their impulses.

Materials Needed: None.

How:

- Put on music and let your child dance.
- Tell your child to freeze when you pause the music.
- Once they’ve stopped completely, put the music back on and let them dance again.
- Repeat as many times as you like.
- You may add more directions, such as hopping, swinging, or swirling.