



BOSTON
CHILDREN'S
MUSEUM

Stop and Go!

Children have fun playing a game combining physical movement and listening skills.

START

- The goal of this activity is to combine listening skills with physical exercise and body awareness.
- Invite the children to join in a circle: Who wants to play a game where you can move around and move around and then—freeze!
- Begin by beating the drum in a steady rhythm. The children can move around the area to the beat. When the drum stops, they stop and freeze, where they are, in whatever position, or shape, they are in.

NEXT STEPS

- This activity is repeated many times, until the children get the idea and feel comfortable trying out different movements. They can practice freezing in different body shapes. You can encourage them by making suggestions such as Who can reach up to make a high shape? Reach down to make a low shape? Who wants to try walking a little faster? A little slower? On tiptoe?
- For younger children, the challenge in this activity may just be to walk and stop when the drum stops.
- For older children, they may be able to create more varied ways of moving, and the challenge will be stopping and holding whatever position they are in when the drumbeat stops.

FINISH UP

- When the children are in their frozen positions, ask them what shape they think they are making. How many of you are up high? How many are down low? How many are in between? Is anyone a straight line? A triangle?
- Ask the children to talk about their experience doing this activity. Was there anything surprising, funny, or difficult about it? Is there something they would like to add to it or do differently? Having them reflect on their experience helps to reinforce the concepts they were learning.

MATERIALS

- * Open space for children to move around in
- * Drum or other rhythm instrument

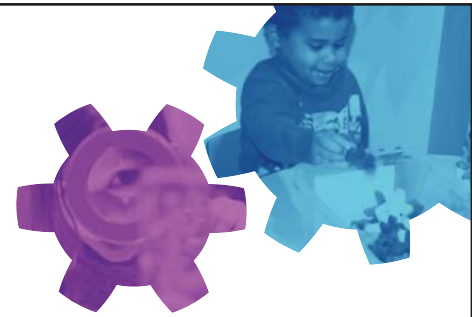
Learning Guideline:

Movement and Dance:
Respond to a variety of musical rhythms through body movement, such as playing “statues” or “freeze” when the music stops.

Tip Sheets:

Play, Move

(continued on side 2)



(continued from side 1)

EXPAND YOUR ACTIVITY

- Ask if anyone wants to be the rhythm maker and try beating the drum. See if the children can think of other ways to beat out or shake rhythms with objects in the room. The children could use their hands to clap or tap on the table.
- When the children are in their frozen positions, see if they can each think of an animal that they might be. If they are reaching up high, they could be a giraffe; flat on the ground could be a turtle. You can end the activity with the children creating a parade around the circle, while trying to move in the general position that they froze in.

TAKE IT HOME

- Children can try this activity with a group of friends and can supplement the music with all kinds of household “instruments,” such as shakers made from beans in a jar or a wooden spoon beaten against the bottom of a pot.
- In a group, one child can call out directions that everyone must follow, such as Reach up! Turn in a circle! Flap your arms like a bird! The motion continues until the rhythm stops, then everyone can see what different positions they freeze in, even following with the same directions.

BOOKS

- *Franklin Plays the Game* by Paulette Bourgeois and Brenda Clark
- *Music & Movement—Learning Through Play*, published by Scholastic
- *Oh, the Things You Can Do That Are Good for You! All About Staying Healthy (The Cat in the Hat’s Learning Library)* by Tish Rabe

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