

# Category Freeze Dance

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Grades 3–5 • 5 min • 8+ students

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## WHAT YOU NEED

- Music (phone/speaker) or a clapped beat

## SETUP

Open floor space, one clear stopping point where you'll stand to call categories.

## HOW TO RUN IT

1. Play music and let kids dance freely for 15–20 seconds.
2. Stop the music and immediately call a category ("an animal!", "a superhero!", "something in this classroom!").
3. Everyone freezes into a pose matching the category within 3 seconds.
4. Restart the music and repeat for 5–6 rounds, mixing in silly and serious categories.

## VARIATIONS

- Tie categories to your current subject ("a fraction!", "a state of matter!", "a punctuation mark!") to make the break do double duty as review.
- For a class that needs to stay seated, do it as "freeze face and hands" instead of full-body poses.