

Stretch and Freeze

Grades K–2 • 2–3 min • 1+ students

WHAT YOU NEED

- A phone or speaker with any upbeat instrumental music (optional — clapping works too)

SETUP

Clear enough floor space for kids to stretch their arms out without touching a neighbor.

HOW TO RUN IT

1. Play music (or clap a steady beat) and call out a stretch — reach for the sky, touch your toes, big arm circles, twist side to side.
2. When the music stops (or you say "freeze"), everyone holds their current pose completely still.
3. Count "1... 2... 3... unfreeze" and call the next stretch.
4. End on a slow, calming stretch (arms up, big breath, arms down) to bring energy back down before the next lesson.

VARIATIONS

- Let a different student call out the stretches each round once they've seen the pattern a few times.
- Use it specifically as a transition tool right before a lesson that needs quiet, focused attention.