



Freeze

Encourage children to engage in various movements. Choose movements to match various developmental levels (e.g., wave, pat your head, dance, jump, run, clap, ride a bike, wiggle arms) and “freeze” when you call out. Wait 2-3 seconds before calling out “go” to move again.

More Support: Model “freeze” and narrate what it looks like. For example, “Freeze-I’m not moving at all.” Recognize that young children may not freeze, and that is okay!

Acknowledge Positive Behaviors

“Wow! You are listening so closely to hear the cue telling you when to freeze!”

“I see you holding your body very still when I say ‘freeze.’”