


## 'Action/Freeze'

 The teacher asks the pupils to do an action, e.g. run, jump, and hop.

When the teacher says 'Freeze', the pupils stop their actions and freeze in that position.

'Freeze' is a very important word and a concept that must be stressed when doing creative movements. When coached to 'freeze', children stop all action, holding their pose. The teacher then says 'Relax' and the pupils are allowed to stop holding the position.

The teacher starts the game again by calling out another action. The teacher should begin with a slow action and then build up to fast actions to release the energy of the children.

One variation of this game is to introduce another movement called 'slow motion' when the children have to reduce the action that they have been doing to slow motion.