

# Freeze

Age: Toddlers (18-36 months)

This activity helps your child's development in this domain: Language and Literacy

What You Need:



- Music (from a radio or a simple instrument such as a canister that you can use as a drum)

What To Do:

1. Play music and encourage your child to dance or move in whatever way she likes.
2. Then instruct her to stop and "freeze" when the music ends. This kind of activity encourages listening skills and self-regulation as she practices stopping and starting. This is a very useful skill for when she goes to school and has to follow a lot of directions!



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