



A Healthy Brain is SPECTacular (🧠 A Cognitive Health Story)
(Kindergarten 5 – 6 yrs.)
Physical Activity: Freeze Dance



STORY CONNECTION – SLIDE 7 (Approx Time: 5-10 mins)

What kinds of moves can you do? Let us make our brain healthy. I want everyone to stand up and dance around. At this point, chaos should ensue – but the children should be laughing. Your body likes to move and so when it does it makes your brain happy. And remember when your brain is happy it is healthy. So, moving makes your brain healthy. Moving your body is the **P** in SPECTacular and it stands for **PHYSICAL** Health.

Materials needed:

- Open space for student(s) to dance
- Kid-friendly music
- Equipment to play music out loud

Preparation needed:

- Clear a space inside free from furniture or obstacles so student(s) have plenty of room to move. This can also be done outside if there is a way to play music loud enough for all to hear when dancing and moving around.
- Find/create a kid-friendly playlist or have a song or two selected and ready
 - *Optional Instrumental Lists: Click [here](#) or [here](#)*

Instructions:

1. This activity focuses on the P in SPECTacular which stands for Physical Health. In this activity, student(s) will freeze dance to get their bodies moving and to make their brains happy!
2. Tell the student(s) that when the music starts, they are going to dance, dance, dance! They can move around as long as they stay in control and are safe.
3. When the music stops, the student(s) must freeze in place wherever they are.
4. Wait until everyone freezes before starting the music again.
5. Continue for an appropriate amount of time for your student(s).
6. In closing, remind student(s) that their bodies like to move. When they move their bodies, they make their brains happy. This is good for their physical health, and it is fun!