



MUSICAL STATUES

Put on your favourite song and dance!



HOW TO PLAY GET MOVING!

- > Play some music and start dancing!
- > When another person stops the music you must freeze
 - stay very still...until the music starts again!

SUITABLE FOR: All ages
TAKES: 20-30 minutes



REMEMBER

You don't need to have a music player, you can make music of your own by using objects from around the house!



YOU WILL NEED:

- > Something to play music on
- > A person to stop the music



SAFETY...

Be sure to move any furniture out of the way whilst you dance!



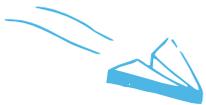
Why not try?

- > Hopping, skipping or running as the music plays
- > Playing this game with others in your house - who is the last person to freeze when the music stops?
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAtHome



CHALLENGE!

Choose faster music and try to move with the beat!



ju:MP @HOME

