



MINDFULNESS

20 DAY CHALLENGE

1999-2019

20

YEARS

OF Premier
Education

Mindful Dancing

Sponsored by Premier Education

Overview: A variation on a timeless classic, musical statues.

Time: 20-30 minutes.

Equipment required: Music playing device and enough space to dance!

Benefits:

- Improves body awareness.
- Encourages creativity and self-expression.
- Gets children on the move, doing moderate-level exercise.
- A fun way to build confidence.

The game:

1. Create a playlist of upbeat pop songs - choose music that's easy to dance to.
2. Before you play, explain that this is a twist on musical statues - everybody can move and dance however they feel, and then freeze when the music stops.
3. In this version, nobody is eliminated and each time they freeze, there may be a prompt.
4. Encourage them to notice how it feels when the music stops.
5. After playing the game, take time to ask them how they felt, and what they noticed whilst playing.

Prompts:

After the first freeze, say: "next time you freeze, try to..."

1. Take a moment to notice how different it feels being still in the middle of dancing.
2. Make the shape of the first letter of your name.
3. Choose a pose that reflects how the song makes you feel.
4. Pick an animal (no dogs or cats allowed) and make the shape of it.
5. Carry on dancing - but as slowly as possible.