⭐ Early Years Home Learning ⭐

Executive Function and Self-Regulation
The Freeze Game

This is best:

Indoors or Outdoors

Concrete materials

You may need:

- A phone or CD player to play music through

How this benefits your child:

- Self- regulation is the ability to manage behaviour, emotions, and body movements in response to a particular situation.
- Self-regulation requires focus and attention. This game allows children to develop these skills as they have to remember instructions such as freezing when the music stops or dancing quickly to a fast song. This helps them regulate their behaviour and movement.
- This game increases arousal levels in the brain and gets your child moving which is great for their body and mind!

Have fun… Use what you have… Remember you know your child best…

Believe in your child!

The basic idea: Your child moves and dances to the music and when it's stopped, they have to freeze and hold their position. You could have them dance quickly to fast songs and slowly to slow songs or vice versa.

Tips to support your child:

- Join in with your child and get them moving as much as possible!
- Teach them some dance moves from when you were younger – children enjoy hearing about their parents/carers experiences as a child
- Get your child to think about how the music sounds. If it's really fast, they should dance quickly and hop, skip and jump! If the music is slow, they could twirl, dance on their tiptoes or sway.
- If your child is struggling to hold their position, show them some where they will have good balance e.g. on both feet spread apart slightly.

Make this simpler...

You could play this game without music and have your child copy your movement and freeze when you do or vice versa.

Make this more challenging...

- Mix it up! Dance quickly to slow songs and slowly to quick songs – see if your child can remember!
- Add in an extra move you have to do before you can freeze – a bunny hop, wiggle your body, wave your arms etc.

Speech and Language tip:

If you would like any more information or advice, please contact: _____ at/on _____.