

Mission:

57. Zoom Around A-Z

ORGANIZATION:

Music: 7. Freeze

Materials: Five laminated sheets with 26 alphabet letters divided among the sheets. Exercise cards.

Books: *Dr. Seuss's ABC* by Dr. Seuss

Set up: Tape up alphabet pictures around the classroom. Exercise cards are placed in the middle of the room (possibly in a hoop).



Ask children to spread out. When music begins children move around, and when it stops they must stop by one of the five sheets (e.g., you might have three to four children standing by each sheet). Next, you call out a letter and the children standing by the picture with that letter must all come to the middle of the room and perform the exercise on the exercise card drawn from the pile of cards. Once they complete a specific set of repetitions (or until the next section of the freeze dance stops) they go to sit on their carpet spot or transit to the next area that you have defined. In the meanwhile, the rest of the children move around until the next freeze signal. The activity continues until all children have transited to their spot.

VARIATIONS:

It can be played as a large group activity, in which children return to the game by moving around once they complete their exercise moves.

Ask them to find unique ways to move around every time.

EXTRA TIPS:

It may be helpful to “pause” the song each time it says “freeze” in order to give enough time to figure out if the letter called is on their alphabet sheet. To help, you can show a card with the same letter.