



DG37



FREEZE GAME



10-15 minutes



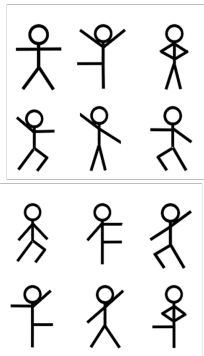
To develop self-regulation

To understand symbols: know that a 'clever picture' (schematic representation) can be used to convey a message

To understand symbols: decode visual messages



❖ 12 'Freeze' cards



❖ Some music to play (optional)



Note: This session is especially fun if you can get more children or adults involved!

Play the 'Freeze Game':

Put on some music (if using), and ask your child and any other players to move around the room. When the music stops, they must 'freeze'. Alternatively, if you prefer without music, say: *1-2-3 freeze!* Do this several times, allowing the players to freeze in any posture that they wish.

Then, when the music stops or you say 1-2-3 freeze, show one of the 'Freeze' cards. The players must freeze immediately in the posture shown on the card. They should copy from their own perspective, i.e. if the figure holds up its left arm, your child (facing the card) should hold up their right arm. If you have more than one person playing, the fastest player to get it right chooses the next freeze card. If it's just you and one child, take it in turns to be the person who has to freeze.

Play 'What's Wrong':

Your child holds up a freeze card. You or another adult (or later, another child after they've seen what to do) instantly copies the posture either correctly or incorrectly. The players need to spot a deliberate mistake where there is one, and explain what's wrong with that posture.

Play the 'Opposite Freeze Game':

Play the Freeze Game as in the first activity above, but ask the players to make the 'opposite' posture to the one shown on the card. For example, if a leg is up, put it down; if an arm is stretched upwards, put it down; if an arm is stretched out to the side, bend it so hand is on waist; if leg is bent, straighten it; and so on.



Your child can freeze in response to a visual message.

Your child can freeze in the posture shown on a 'clever picture' schematic representation.



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