



Lesson: Frozen Shoes

Ages: 1st and 2nd grade

Supplies needed: No supplies needed.

Project Intro: This lesson teaches children about using their imaginations to create characters and actions from a frozen position.

Materials Reference: Ruhi Institute, Teaching Children's Classes, Grade 2

Project steps:

Warm-Up Activity:

- **Turn, Jump, Twist, Freeze**
 - Tell the children to walk around randomly and make sure not to bump into one another.
 - While they are walking, you will call out a series of commands that they should follow (demonstrate each command to them ahead of time):
 - **FREEZE:** Stop all movement instantly and stand perfectly still
 - **TURN FREEZE:** Turn half way around and then freeze instantly
 - **JUMP FREEZE:** Jump in the air, turning half way around, and then freeze
 - **TWIST FREEZE:** Jump in the air, turning around in a full circle, and then freeze

- Explain to the children that, once they have frozen, they should hold their positions until you give them the signal to move again. It is suggested that you ask the children to practice each of the four commands. Then begin. You should feel free to call out the commands as many times as you wish, in any order.

Drama Activities:

- **Walking in Someone Else's Shoes**

- Tell the children and other family members participating, to walk around, being careful not to bump into one another. Explain to them that they are going to pretend they are “walking in someone else's shoes.” At your instruction, they should walk as if they were:
 - a baby who has just learned how to walk
 - a huge giant
 - someone in a great hurry
 - someone who has poor eyesight
 - someone who is walking a dog on a leash
 - someone whose foot is caught in a bucket
 - someone carrying something on his or her head
 - someone who has stepped on a thorn
 - someone walking on hot sand
 - an astronaut on the moon

- **What Are You Doing?**

- Ask the children to walk around randomly again, but this time they should make broad sweeping motions with their arms and large flowing movements, high and low, with their bodies. They should move freely but be careful not to bump into one another.
- When you say “Freeze”, they should instantly stand still in whatever position they find themselves. Then you will ask one of them, “What are you doing?” The child should think about the position in which he or she is frozen and give an answer that corresponds to the position, for example,

“I’m painting a fence,” or “I’m picking apples.” Repeat this exercise several times, making sure every child is given at least one opportunity to say what he or she is doing.

Drama Vocabulary:

Freeze – stop moving and hold body in place