Walking and Freezing[[1]](#footnote-0)

Tags: movement, listening, warm-up

Type: Whole class

Time: 5-10 minutes

## **Why are we doing this?**

We are becoming more aware of our bodies, the space around us and the other people in the class.

## **What materials/set-up do I need to prepare?**

You do not need any material but you will need plenty of space to move around.

## **How do we do this?**

Have the students walk around the room in random directions. Make sure to tell them to try and not move around in just one big circle. Have the students notice the room around them. They have to make sure that the students are evenly spread around the room at all times while they walk. Once in a while yell “freeze!” and have the students freeze where they are. Have them look around and ask them whether they think they are equally dispersed around the room. Once they have answered, have them walk around again. They should be more aware of their surroundings now, constantly trying to make sure there is an equal amount of people in each space of the room.

## **Alternative methods:**

While doing this exercise have the students only walk on their toes/heels/the inside of their feet/the outside of their feet.

You can also have them change their pace like they are about to miss the bus/casually strolling along the beach/as if they are searching for a friend in a huge crowd/as if they are trying to avoid their ex in a huge crowd/etc.

1. **Source:** Jónsdóttir, J. G., & Þorkelsdóttir, R. B. (2020). *Leikjabókin - Leikir í listinni*. leikumaflist.com. [↑](#footnote-ref-0)