

6

As Still As a Rock

An innovative version of the traditional “Freeze” game.

GRADE LEVEL

K–3

SKILLS PRACTICED

Listening, self-control, coordination

MATERIALS NEEDED

None

PREPARING STUDENTS FOR SUCCESS

- Discuss the rules for this game, sharing strategies on how to remain still. Share ideas about what positions might be easiest and which may pose a bigger challenge
- Discuss what’s okay to do (breathe!) and what’s not okay to do (scratch your dead, move your position, etc.).
- For “watchers,” decide on a friendly way to let the leader know that a “rock” has moved.

ACTIONS

Tell the children to begin wandering around the room. After a half minute or so, call out, *Be still as a rock!* Everyone freezes. Wait until 30 seconds have elapsed. (You may want to begin with 5 or 10 seconds and work up to 30.) Then say, *Relax!*

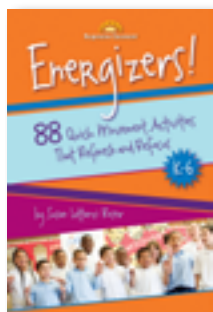
Children who talk, giggle, or move while being “rocks” become “watchers.” They can help you “catch” any movers.

The challenge for the whole class is to see how many people can be still as rocks for the full 30 seconds. The children can share tips on ways to stay still. Repeat several times, perhaps inviting different children to be the caller.

VARIATIONS

Invite children to take turns as the caller.

Choose different ways to move around the room—hopping, swaying, wiggling, stretching tall, dancing, etc. Model and practice safe ways to make the movements before doing them.



88 MORE ENERGIZERS!

For a complete list of energizers, including tips and handouts, check out [Energizers K–6: 88 Quick Movement Activities that Refresh and Refocus](#).