



Freeze and Laugh

Wind down activity developed by CatalyticAction

Freeze and Laugh is an energetic game that involves music, dance, and laughter. It works best when the facilitator is outgoing and can adopt a clown behavior.

Preparation:



- Choose a 2-3 songs that are upbeat and are appropriate for dancing. It is good to have at least one song that represents the participant's culture, so do ask community members for recommendations.

OR

Invite a local musician(s) to play music that is lively and appropriate for dancing. For example, the derbakke is very fun and commonly played (in the Middle East), even by young children!

- Allocate the 'joker' role to another facilitator or community member who, along with you, will try to get people to laugh when everyone 'freezes'. If you feel inspired, get creative with this exercise - you may dress up with funny costumes, put on face paint, and connect with your inner clown.



Purpose:

To celebrate, release laughter and energy, and share a fun moment to end the day.



Duration:

10-15 minutes



Group size:

Ideally up to 15 participants with one facilitator, up to 30 participants with two facilitators.



Suggested Age:

4+



Materials:

Music player and speaker or musical instruments that are appropriate for dancing. Optional: face paint, funny costumes, colorful accessories etc.



Space:

An open space to dance freely.

Step by Step:

- Gather the participants around the space and thank them for their contributions and the good time spent together. Tell them that now, it's time to let loose and celebrate, inviting them to shake their arms, legs and bodies with you.
- Explain the activity instruction:
 - The music will start and everyone is invited to dance and move around.
 - When the music stops, everyone freezes except the two 'jokers'.
 - The two 'jokers' will move around and try to get people to laugh or move without tickling or touching. Those who move become 'jokers' too.
 - The music resumes, everyone dances, and the game goes on until there is one frozen person left.
- Start the music, and begin dancing! Liven up the dance floor by making fun and silly movements that invite others to let loose and dance.

Tip: Some participants may not want to participate, will feel self conscious, and/or do not like to be in close contact with others. If so, respect their limits and allow them to do what is comfortable while making them feel included. Have fun and be confident that everyone is receiving the energy you are creating.

