

Start and Stop Body Sculptures

Summary Description: Explore “freezing” in different sculpture positions each time the music stops.

Level: Preschool

Cost: None

Mess factor: None

Suggested location: Open space — living room or outside

Children will experience:

- Moving to music
- Body positions and awareness
- New vocabulary words

Materials:

- Instrumental music
- Examples of sculpture art reproductions from the DIA (For links to sculptures from the DIA, please see page 3)

Definition: A SCULPTURE is a 3-Dimensional (3D) piece of artwork.

Additional vocabulary words/topics to focus on while conversing with your child during this activity: sculpture, build, color, size, shape, and texture

Beginning: Briefly talk with your child about the DIA field trip and show your child pictures of sculpture art reproductions. Tell your child that together you will play a game that involves making sculptures with our bodies. Explain that a sculpture is solid and cannot move. Demonstrate a pose and then ask your child to hold his or her body “frozen” like a sculpture, without moving. Tell your child that you are going to play some music and that everyone can move

however they would like while the music is playing but that when the music stops everyone freezes their body like a sculpture.

Middle: Start the music and, after several seconds, hit the pause button. Remind your child to freeze. Describe your and your child's body positions; for example, you might say, "My sculpture has its leg to the side," or "Moni's sculpture is scrunched down low." Encourage your child to move expressively to the music. Before starting the music each time, remind your child that everyone can move when the music starts but that, when it stops, everyone freezes again. Encourage your child to freeze in a different shape each time. Copy the sculpture positions your child makes.

End: When you notice that your child is not interested anymore, give a warning like, "Okay, this will be our last sculpture position, and then it will be time to stop."

Younger Children:

- Toddlers may have a harder time stopping right when the music stops or holding their body still, but they will still enjoy dancing!
- See if they can shake only one part of their body — such as a hand or bottom.

Older Children:

- Older children will enjoy trying new movements or extreme poses.
- This activity could be done outside to let the older children gallop, skip, and jump around.
- Ask older children to describe the way their bodies are posed using different kinds of words. For example, if a child is bent at the hips, offer new words to describe the pose; "Oh you are leaning forward." or "You are facing down."

More!

- Try this game on car trips. Children can still move their body or parts of it in their car seat!
- Play this game while cleaning up. Tell children to momentarily “freeze” like a sculpture and then to resume cleaning up.

Links to sculptures from the Detroit Institute of Arts:

Viewing this as a printed resource? You can find the art pieces listed below by visiting <https://dia.org/collection> and searching for each art piece by name.

- [Coo Wha Zee, 1962](#)
- [Man Crossing a Square on a Sunny Morning, 1950](#)
- [Moonmad, 1944](#)
- [Reclining Figure, 1939](#)
- [Spirit Box, 2009](#)