

## Activity: Musical statues (Squirrels, Beavers)

🕒 10 mins

### Improve wellbeing

Feel happy, be satisfied with your life, and know the things you do are worthwhile.

### Be courageous

Be able to face your fears, overcome worries, and not back down.

## Safety alerts

### Active games

The game area should be free of hazards. Explain the rules of the game clearly and have a clear way to communicate that the game must stop when needed. Take a look at our guidance on [running active games safely](#).

Show everyone your dancing skills with this fun, energetic game.

## Equipment

- Device to play music

## Musical statues

1. Everyone should find some space and stand two metres apart – they should be able to swing their arms without touching anyone else.  
  
| Adults can join in with this game, so why not get everyone involved?
2. The person leading the game should put the music on.
3. Everyone should try out some different dance moves while staying in their area.
4. The person leading the game should turn the music off.
5. As soon as the music stops, everyone should stop moving and try to stay as still as a statue.
6. The person leading the game should try to spot anyone who moves. Anyone they catch moving is out – now they can help the person leading the game see who's moving next time the music stops.

| People don't have to be out. People could win points for staying still, or you could just celebrate whoever is staying the stillest each time.

7. The last person left standing as still as a statue wins the game.

| We've included some questions to help you reflect in the pink box below

## Reflection

During this game, everyone was courageous by dancing along to the music. Hopefully dancing with friends helped to boost people's wellbeing too.

Once you've finished playing the game, take some time to reflect. You could ask questions, for example:

- What dance moves did people enjoy doing?
- Was it difficult to stay still when the music was turned off?

## **Change the level of challenge**

- The person leading the activity could encourage everyone to take it in turns to try some dance moves for everyone else to copy.
- Adults should be on hand to support those who don't feel comfortable dancing. How else could they move?
- Remember, people don't have to be out. You could keep it competitive by giving a point to people who stay still each time the music stops, or you could just play for fun without any competition.

## **Make it accessible**

Some people may not feel confident dancing in front of others. If they don't want to join in by moving in a different way, they could help stop the music and spot who's moving when the music stops.

## **Take it further**

Why not try playing musical statues with friends and family? Who do you think will stay still for the longest?

## **Youth Shaped guidance**

Encourage everyone to get involved in the game in a way that works for them. Some people might enjoy choosing different dance moves for everyone to copy, while others will be happiest helping stop the music.

