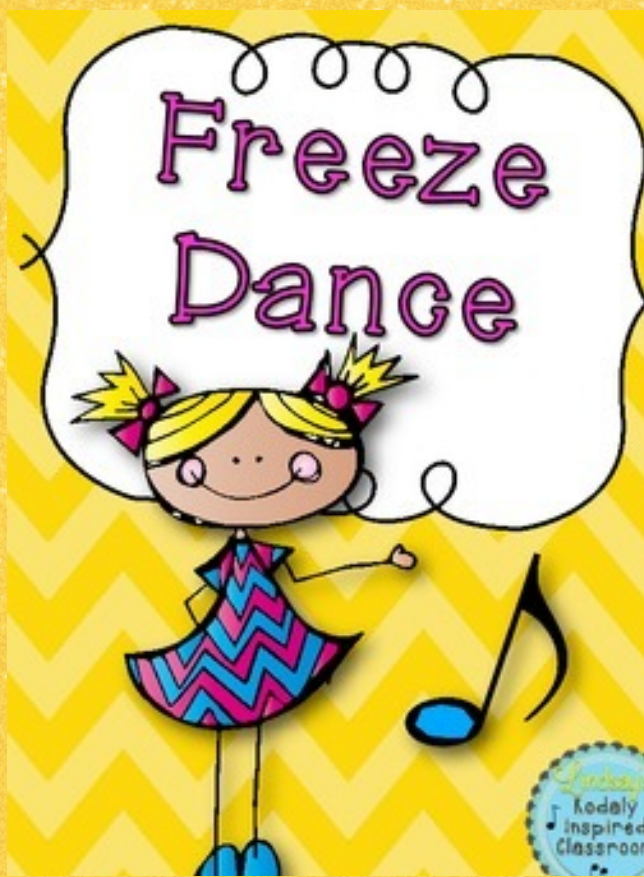




Attention-Deficit/Hyperactivity Disorder (ADHD)

Activity Name: “Freeze Dance” Game

Age Focus: 3–6 years



Purpose of the Activity

This fun, movement-based activity helps parents or examiners observe impulse control and hyperactivity in young children.

Children with ADHD often struggle to stop their movement immediately when asked.

The “Freeze Dance” game provides a playful way to check how well the child can pause actions and follow cues during excitement.



Materials Needed

- A music player (phone, speaker, or laptop)
- Open space for safe dancing
- A short playlist of lively songs
- Observation sheet or notepad



Step-by-Step Instructions

1. Explain the Game: -

Tell the child: “When the music plays, you can dance! When it stops, you must freeze like a statue!”

2. Demonstrate Once:

Play a short segment of music and then stop it suddenly. Freeze yourself and encourage the child to imitate you.

If the child keeps moving or giggles, gently remind them:

“Remember, when the music stops, our bodies stop too!”

This step ensures that the child understands the rules and expectations before the actual observation begins.

3. Start the Game:

Start the first round by playing a lively song. Allow the child to dance freely for about 10–15 seconds.

4. Observe Behavior:

Without warning, stop the music abruptly. Observe carefully:

- Does the child stop immediately when the music stops?
- Do they look to you for confirmation before moving?
- Are they aware of the sound cue or distracted by their excitement?

Resume the music after a few seconds and continue for a total of 10-15 short rounds.



Scoring & Interpretation

Observation	Typical Response ✓	Red Flag / Concern ⚠
Response to music stop	Child looks where you point in at least 2 of 3 trials	Child continues moving or giggling after music stops
Response to restart	Child waits for the music before dancing again	Child starts moving before the music plays
Impulse control	Can regulate movement and excitement appropriately	Displays restlessness, runs around, or cannot remain still

Frequent difficulty in controlling movement or attention during multiple rounds may indicate possible impulsivity or attention concerns.

👉 ***This is not a diagnosis. It simply indicates that further developmental screening by a pediatrician or psychologist is recommended.***

💡 **Tips for Parents and Examiners**

- Ensure the child is relaxed, not hungry or tired.
- Keep your tone gentle and playful, not instructional.
- Repeat the task on different days to confirm consistency.
- Encourage engagement by smiling or using praise (“Good looking!”).
- If using a balloon is too exciting, switch to a quieter toy.