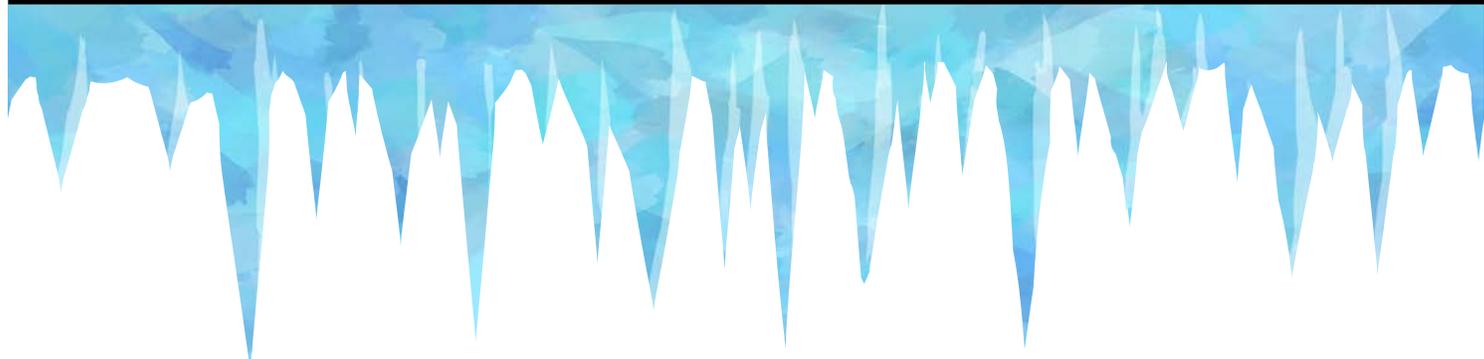


# Freeze & Melt!

Get the Wiggles Out Activity

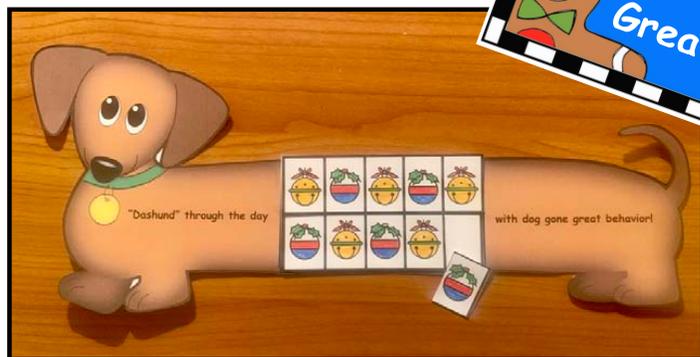
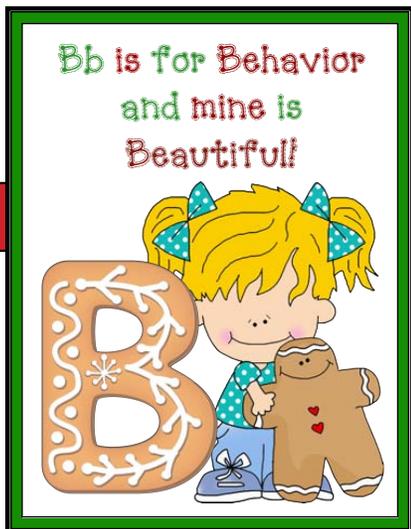


The FREE "Freeze & Melt" (Get the Wiggles Out!) activity, is part of my jumbo, 73 page packet.

Click on the picture to check it out.

For your convenience, I've included a PREVIEW of it here, along with the Freeze/Melt FREEBIE.

# "Sweet Behavior"



Diane Henderson





Students work as a whole group (team effort) earning letters to spell "TREAT" or "TREATS". I've included a list of ideas of what kinds of behavior can earn a letter. There are many ideas for treats as well, extra free time, an especially fun new center, game etc. My kiddos absolutely loved games as their treat. Their personal favorite was the "4-Corners Quiet Game". "Freeze & Melt" is also an easy-peasy & super-fun game to help get the wiggles out, that in itself helps give children a leg-up on behaving.



Run off the tree pattern on green construction paper. Run off the "garland" on a variety of colors except green & trim. Children cut out their tree, glue a trunk to the bottom, then write their name on the back.

Children choose their first strip color. This can be kept in their desk, or use a small piece of tape and attach it to the side of their desk.

I like to keep them handy, so that I can simply walk around and give punches for a variety of reasons. Everyone gets a punch for completing their tree.

To help strengthen finger muscles, you can also hand the hole punch to the child & have them punch X number of punches. When all five "dots" have been punched, students glue that first strip at the top of their tree. They continue glueing "good behavior" garland until their tree is filled up.

Display completed trees on a "Wall of Fame" in the hallway.

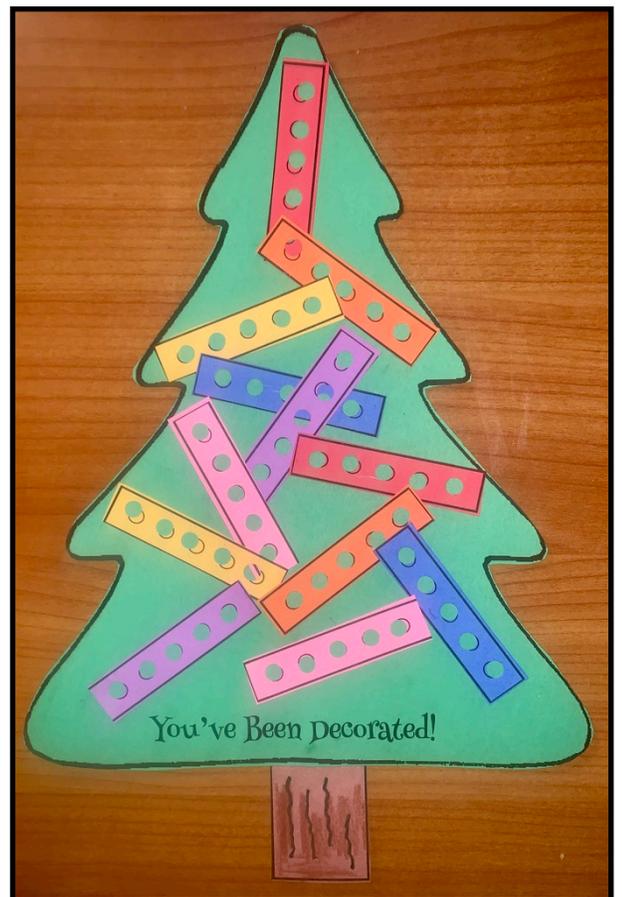
I've included a poster to help explain the significance.

The caption "You've been decorated" is also like receiving a "medal".

**Look at this  
"Tree-mendous" Behavior!**

Students earned a "garland punch" for a variety of good behaviors.

When they received a total of 5 punches, they trimmed their tree with a scrap of "great behavior garland".



Run off the pattern.  
Children color their snowman,  
but NOT the "behavior bulbs".

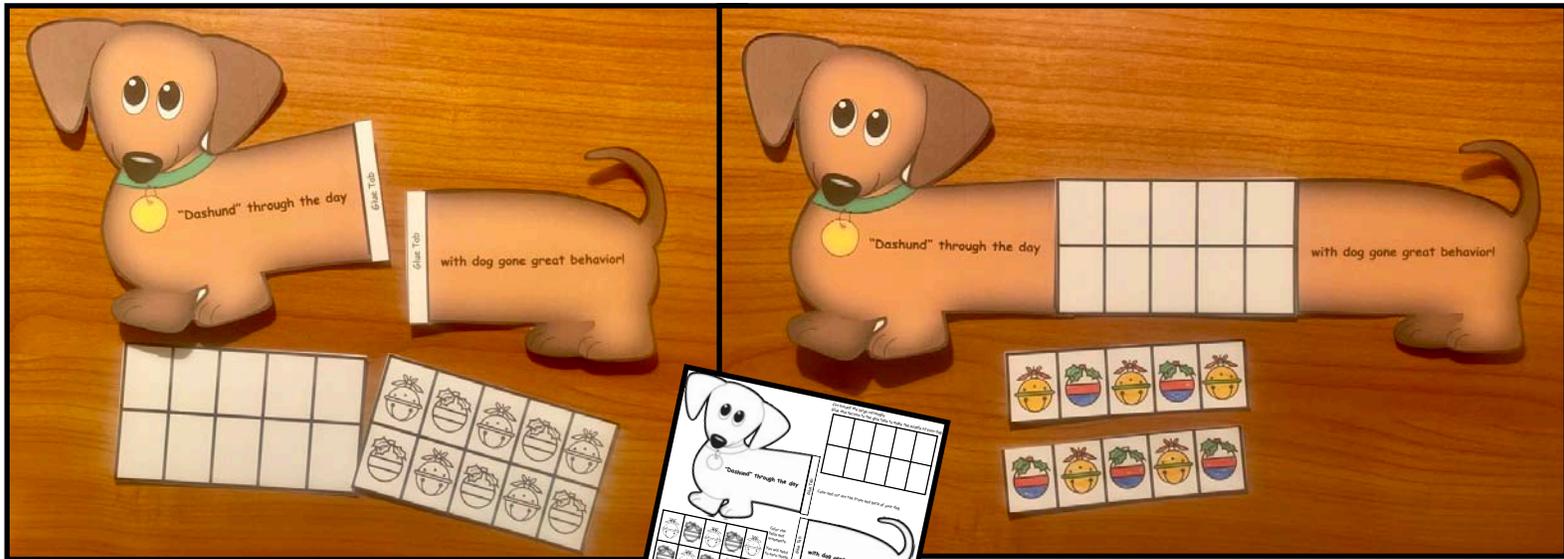
When students exhibit appropriate  
behavior, they get to color a  
lightbulb in.



After all of the bulbs are colored in, using a Q-tip,  
"paint" glue onto just the snowman.  
Sprinkle with white or opalescent glitter, shake off  
the excess & Voila! a glittering & sparkling snowman,  
showing off his beautiful behavior.

To practice an AB-AB pattern, I have  
children write their name with 2  
crayon colors.





Easy-peasy printing & assembly.  
Everything's on a one-page pattern.

Children color, cut & glue the 3 pieces together.

The blank rectangle goes in the middle. Students color & cut the tokens that they will earn, into two strips.

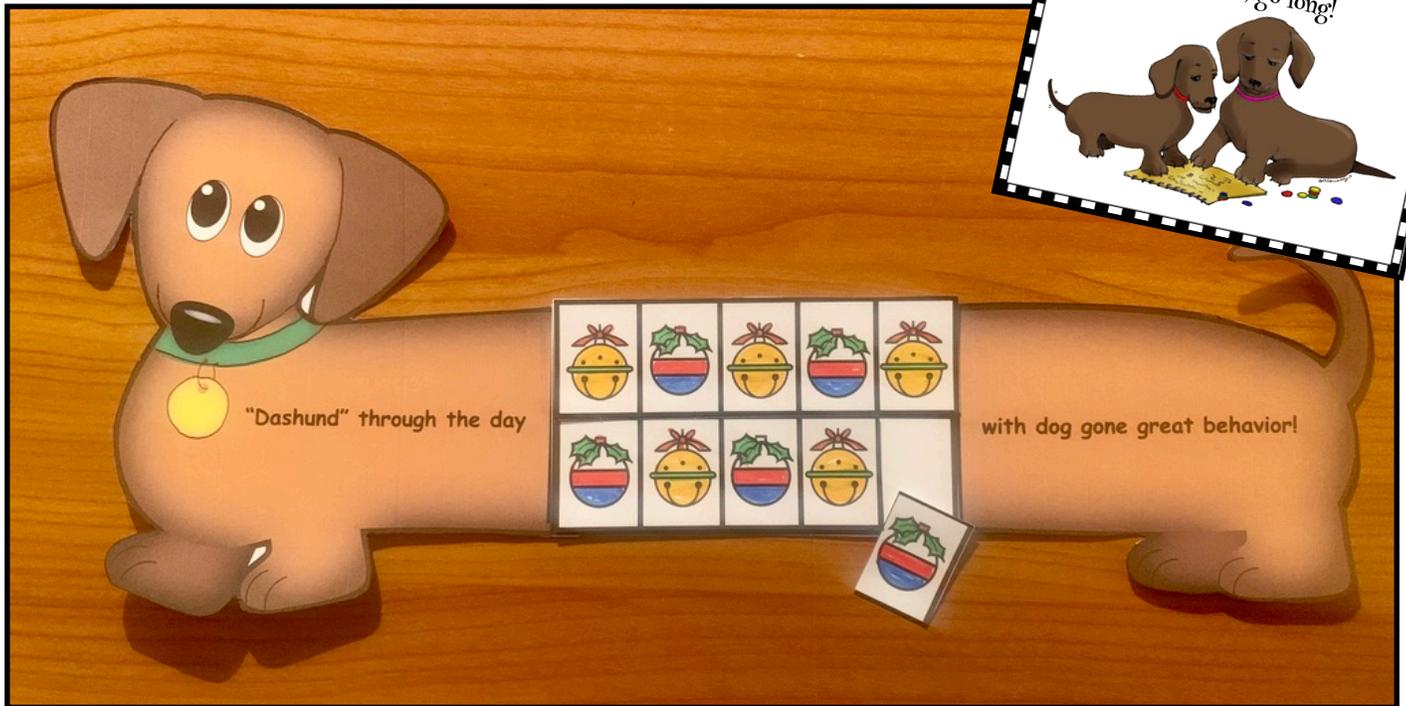
When they are told that they have earned a token, they snip one off & glue it to their dog.

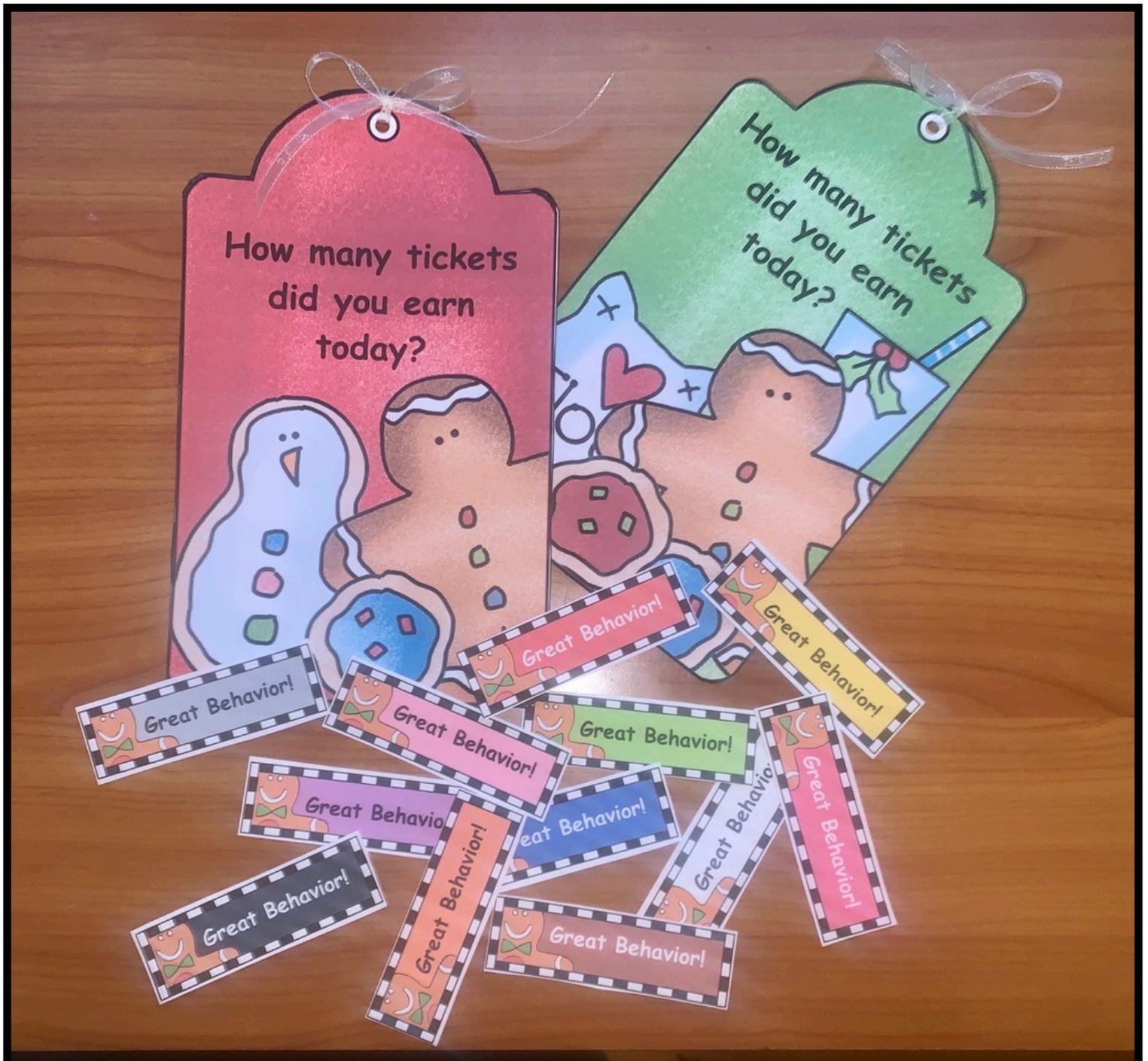
There are 10 tokens, so you can do two weeks worth of behavior, awarding a token each day; or expedite things by having students earn more than one token a day.

Grab that teachable moment, to point out that the tokens are in an AB-AB pattern (bell-ornament, bell-ornament.)

Children can simply write their name on the bottom right of their dog, or on the top, left and include the word **IS**: "Diane is...Dashund though the day with dog gone great behavior."

Display completed projects on a "Wall of Fame" in the hallway.

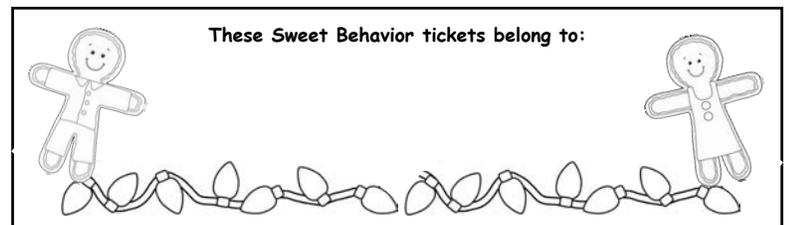


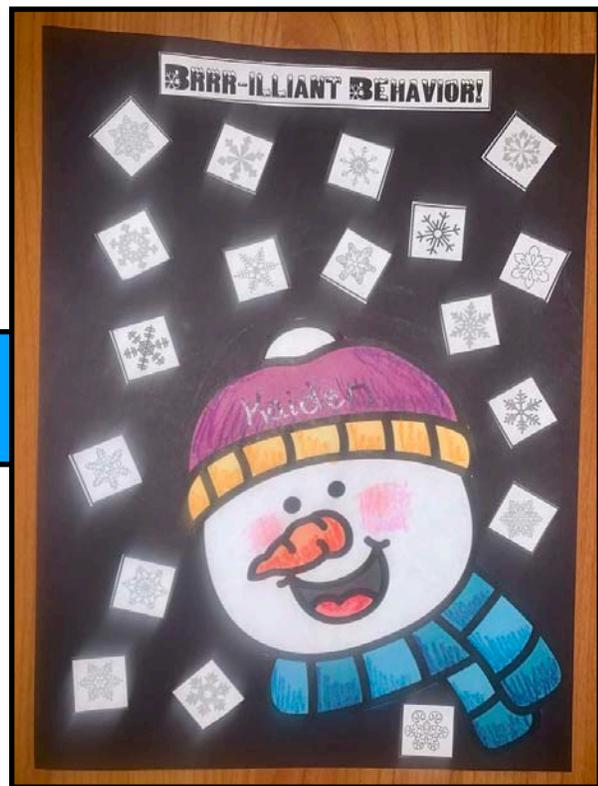
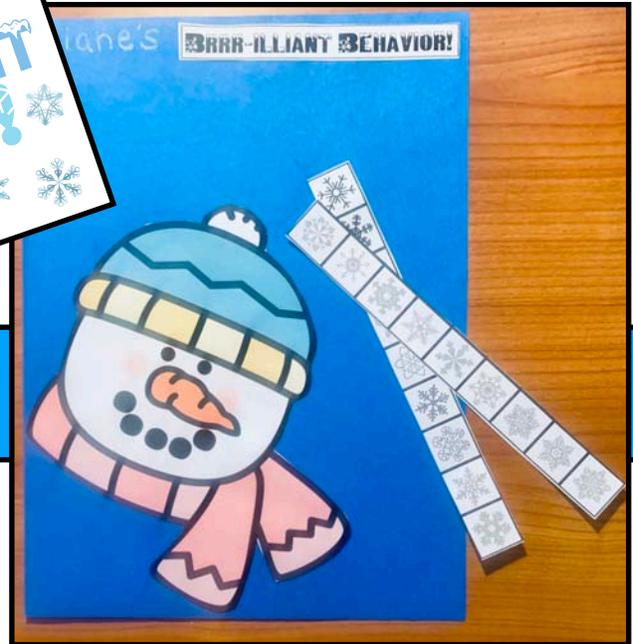


Here's a photo of my completed tag signs & tickets.

I've also made a "topper" students can put on a Baggie to keep their tickets in.

After students have "cashed in" their 10 tickets, they can take their trinket home in the Baggie, or continue to collect tickets 'til this activity is over.





Students can write their name next to the "Brrr-illiant Behavior" label, or on the snowman's hat. There are 2 different snowmen to choose from. Both patterns come in a right & left version. I've included BW for kiddos, as well as full color templates, so that teachers can quickly & easily make an example to share. There are 2 strips of snowflakes. Take that teachable moment to point out that all snowflakes have 6 points & all are unique & different. Children color, cut & glue their snowman to the corner of a blue, purple or black sheet of construction paper, so that he looks like he's "peeking in, to check on how their student is doing."

Explain how students can earn snowflakes. When they earn one, they simply snip one off of the strip & glue it someplace on their paper. Completed snowmen can be hung on a "Wall of Fame" in the hallway, along with the "Brrr-illiant Behavior!" poster.



T.E.A.M  
 "Together Everyone Achieves More!"

As a whole group, students earn a "marshmallow snowflake" behavior tile.

Print, laminate & trim the cup of cocoa poster. Decide if you want to do a 10-frame cup of hot chocolate, or extend the activity for a longer period of time with a 20-frame mug.

Explain to students how they go about "earning" behavior tiles.  
 i.e. Everyone is on task & working quietly; clean up was accomplished before the timer rang, the hallway is free of scattered boots & clothing; everyone has lined up quietly & transitioned down the hall, etc.

Once students have filled up the poster, they earn a cup of hot chocolate.

Besides using the "snowflake marshmallow" tiles, you could opt to stick on real mini marshmallows using glue dots. (Top Photo #3.)

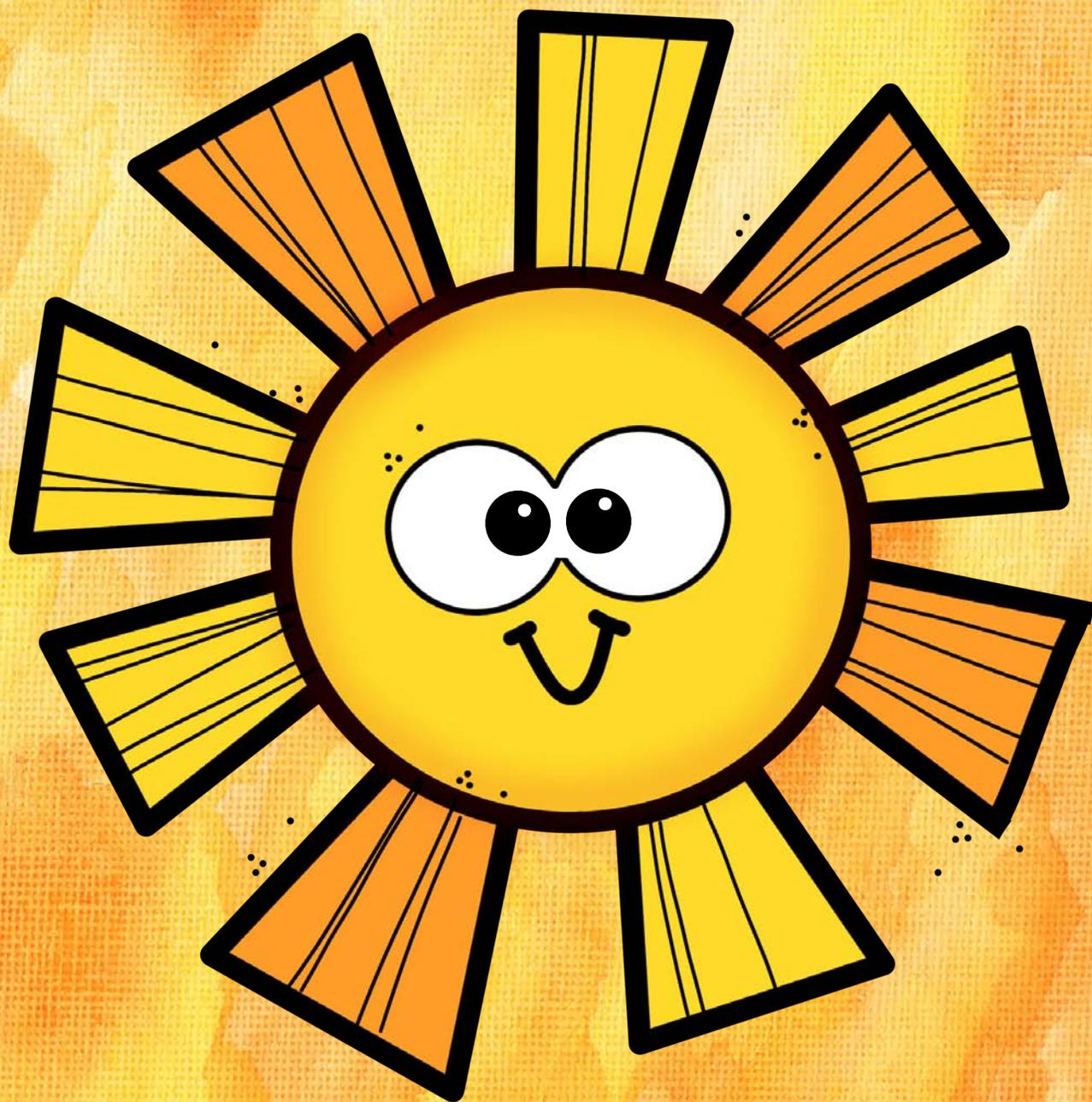
I heat up the cocoa in my classroom microwave, but you could also use a crockpot or the school cafeteria.

I serve the cocoa at the end of the day during our snack time, which is after our last recess. Something warm after a chilly romp outside makes it especially nice.





Freeze!



Melt!

## Directions for Freeze & Melt Gross Motor Activity



I think perhaps one of the reasons for misbehavior, is that children just need a break from HAVING: having to sit still, having to be quiet, having to stay focussed & on task and having to get work done.

They after all, are just little kids. I'm a firm believer of "getting the wiggles out" before and after a "sit down working session."

One of the ways I do this during the winter is with a thing I call "Freeze & Melt".

My young fives absolutely love it and often beg to play the "snowflake

game".

It's not only super-fun for your kiddos, it's very simple to implement anytime.

Print off the snowflake & sun posters on card stock, glue them back-to-back.

You don't have to, but it's fun to put on some sort of soothing background music or nature sounds.

I hold up the snowflake poster, wave my "Frozen" wand and turn them into quiet, softly falling snowflakes, which glide around the room in slow motion floating and dancing in the air.

After a minute or two of being a snowflake, I flip over the poster to show Mr. Sunshine & say "Melt!" in a loud voice.

The flakes have to immediately melt and plop onto the floor. They go from a solid to a liquid just like that!

I then explain that they are once again snowflakes that need to prance & dance around; however this time, there's a twist.

Explain that when you hold up the snowflake poster & call out "Freeze" they are to immediately FREEZE in whatever crazy position that they're in.

Even tho' they are frozen, they need to keep an eye on me, to see when I hold up the sun poster because then they are allowed to melt & plop onto the floor much like The Wizard of Oz's Wicked Witch of the West.

Sometimes I say "Melt!" other times I just hold up the poster. I can see at a glance who is paying attention.

For the 3rd time, students are once again dancing & prancing. Call out "Freeze!" then quickly call out "Melt!" then quickly call out "Dance!" then "Freeze" then "Melt!"

This bit of quick & frenzied activity always has my kiddos laughing & giggling.

To bring them back to a calm normalcy, we take 3, slow & deep breaths, blowing each one out just as slowly. Then we once again become quiet, gentle snowflakes & float back to our desks, or wherever else you want your kiddos to transition too.

Here's Ho-Ho-Hoping your students enjoy this activity as much as mine do.





Tiny Tweets From:  
dollardoodles.com

If you liked this Christmas resource  
you may also like these as well.

*Diane*

Click on the pix.

**Wanted: Elf Help**  
A Class Book Writing Prompt

*Diane Henderson*

**Counting Down To Christmas**  
Craftivities

*Diane Henderson*

**Lunch Bag Gingerbread House**  
Craftivity

*Diane Henderson*

**Little Elf**  
5 Senses Emergent Reader

*Diane Henderson*

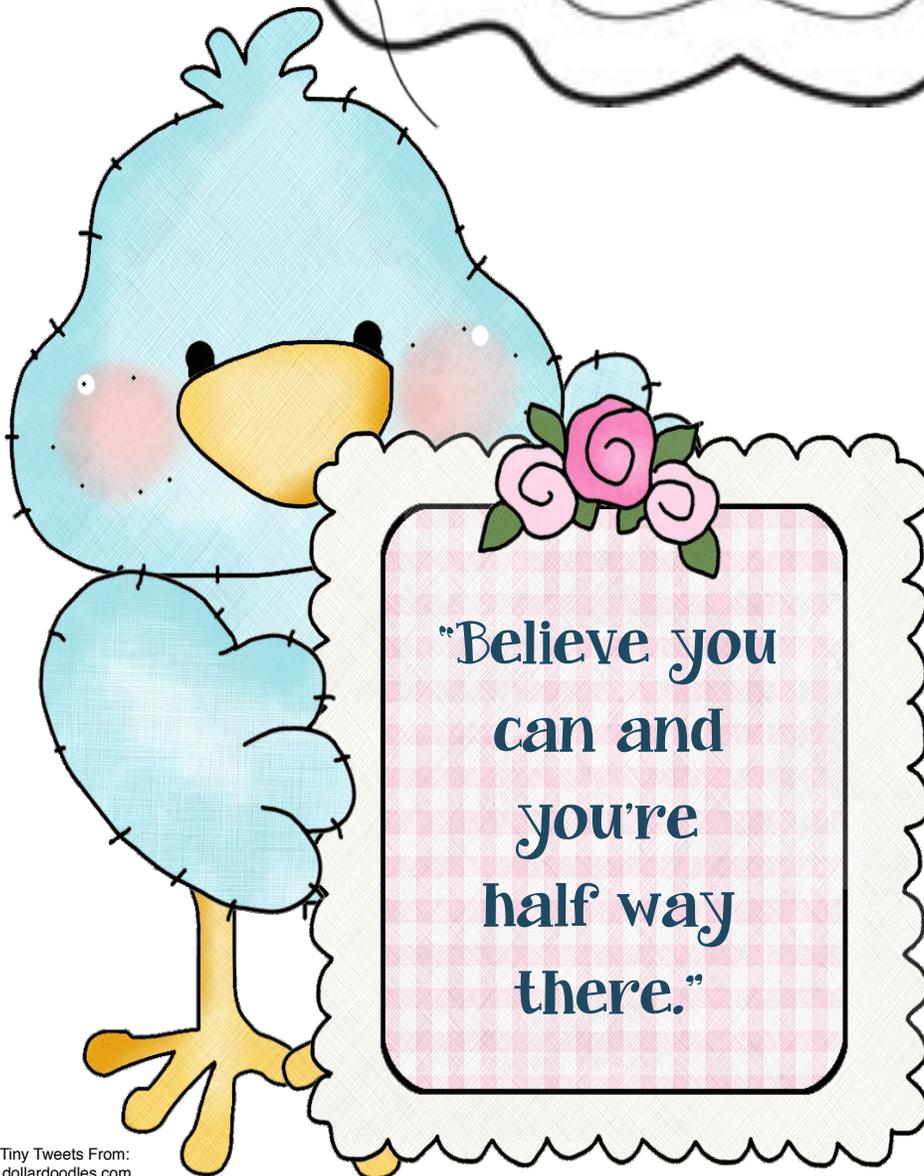


Thank you for downloading this  
FREEBIE.

I truly hope you'll enjoy this item & that  
it will make your life easier & teaching more fun.

Blessings,

*Diane*



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Designing stuff for TpT, is extra fun because of the awesome clip art & fonts that I use from these talented artists.

