Tartan Toddlers

Do it at home

Bagpipe Freeze Dance

Dance Like a Highlander!



Use what you have at home!

1 What you need



- Scottish music (bagpipes or folk tunes)
- Space to move and dance!

2 Set up



1. Play some lively Scottish music.
2. Tell your toddler when the music is playing, they can dance!
3. When the music stops... they FREEZE!

3 Let them explore



Take turns starting and stopping the music.
Can they dance like a highlander?
Can they freeze in funny poses?
Let them be silly and have fun!

4 What it supports

- Listening skills
- Balance and control
- Focus and attention
- Gross motor skills
- Confidence
- Creativity and self-expression

5 Top tip



Make it extra fun by trying slow music, fast music, or counting to 10 while your toddler freezes!

We love to see little ones explore and have fun!
Please always stay close and supervise your baby at all times, so play is safe, happy and worry-free.

Tartan Toddlers
Play, Learn, Grow!