

Wiggles

Source: Adapted with permission from the North Carolina Department of Public Instruction (www.ncpe4me.com)

Equipment: list of instructions – order to wiggle in microphone (for large groups)

Space: participants need a small amount of space

How to:

- Have participants stand up and start by marching on the spot.
- Explain that as you introduce a body part, they should move/wiggle that body part in addition to the part(s) you have called out before.
- Start with fingers and work your way down the body or start with toes and work your way up the body.

March in place while doing the following:

- begin to wiggle your fingers
- then your fingers and wrists
- then your fingers, wrists and forearms
- then your fingers, wrists, forearms and elbows
- then your fingers, wrists, forearms, elbows and shoulders
- then your fingers, wrists, forearms, elbows, shoulders and rib cage
- then your fingers, wrists, forearms, elbows, shoulders, rib cage and hips
- then your fingers, wrists, forearms, elbows, shoulders, rib cage, hips and knees
- then your fingers, wrists, forearms, elbows, shoulders, rib cage, hips, knees and head

