



KINDI KIDS LOVE TO WRIGGLE

Label a jar 'Wriggle Jar' and ask your children to help you come up with some fun activities they would like to do when they get the wriggles. Make some cards up for each of these ideas and place them in the jar. When your children need a movement break ask one child to choose a card and the whole class can join them in the activity listed. A few ideas you could include are...

- ♥ TOUCH YOUR TOES TEN TIMES
- ♥ HOW MANY STAR JUMPS CAN YOU DO IN ONE MINUTE?
- ♥ SIT DOWN AND STAND UP FOR 30 SECONDS STRAIGHT
- ♥ PRETEND YOUR IN A ROCK BAND, ARE YOU A DRUMMER, GUITARIST OR LEAD SINGER?
- ♥ JOG ON THE SPOT AND SING A SONG!