

SOGO Squirts Week 23

W is for Wiggle!

Drawing Challenge

What sort of things wiggle? List or draw things that wiggle.



Wiggle Walk

Go on a wiggle walk. Take a walk through your neighbourhood. Look for things that wiggle! Add them to the square above. As you are walking, try to wiggle different parts of your body, starting with your feet and working up to your head!

Wiggle in Different Ways!

Let's wiggle our bodies in ways that animals move. Get on your belly and wiggle like a worm. Wiggle like a snake. Did you move differently?

Wiggle like a leaf on a windy day.

Wiggle like jello.

Wiggle just your nose like a bunny rabbit.

Wiggle your hips like a dog does when he wags his tail.

Wiggle your arms like a jelly fish.

Wiggle anyway that feels good for your body.

Wiggle Worms Game

Cut out strips of paper. Draw worms (just worm faces) on some of them.

Leave some blank.

Put the strips of paper in a paper bag or hat.

Sit in a circle.

Pass the bag around, each person pulls out a strip of paper. If it is a wiggle worm everyone stands up and wiggles around. If it is blank, keep passing the bag until you find a wiggle worm.

To add a challenge, draw other symbols on the blank strips of paper. Then when those are pulled out of the bag act like those symbols. Some ideas are a tornado (spin in a circle), an airplane (arms out and fly around the room), a heart (give everyone a hug), a hand (give high fives).

