



908-654-5899



Weekly Lesson

December 4 - 8, 2017

## WIGGLE AND CLAP



Watch out! We've got the wiggles!  
This week, we're up and moving with the Sing a Song favorite, "Wiggle and Clap."

We love giving children a chance to get up and move during the class. Sitting still is something that many of our students are still struggling to master. Building opportunities for movement into our classes allows children the freedom to release some of their natural kinetic energy. Giving them time to work out some of those *wiggles*, makes the sitting and listening part of the class all the more enjoyable.

### WIGGLE AND CLAP

#### CHORUS

Wiggle and clap.  
Wiggle and clap.  
If you can, then finger snap.  
Wiggle and clap.  
Wiggle and clap.  
If you can, then finger snap.



Wiggle your hands in the air.  
Wiggle them like you just don't care.  
Wiggle them left. Wiggle them right.  
Wiggle them every day and night.

Wiggle your shoulders, loose and jiggly.  
Wiggle them 'til they're very wiggly.  
Wiggle them front. Wiggle them back.  
There you go! You've got the knack!

Wiggle your nose like a bunny.  
Wiggle it so it looks real funny.  
Wiggle it up. Wiggle it down.  
Wiggle your nose around, and around.

CHORUS

Wiggle your legs, like a bowl of jelly.  
Get them going, then add your belly.  
Wiggle them fast. Wiggle them slow.

You're puttin' on a wiggle show!

CHORUS

All Sing A Song songs and activities develop various areas of age-appropriate skills, including language development, gross motor skills, fine motor skills, creative thinking, listening skills, social interaction skills, self-expression, imaginary play, autonomy and self-esteem.

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