



908-654-5899



Weekly Lesson

December 24 - 28, 2018

WIGGLE AND CLAP



Sing a Song students at
Peppermint Tree

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



Season's Greetings



YOU, are so SPECIAL to us!
 We hope this season brings your family
 together with Joy and Jubilation.
 We wish all of our Sing a Song Family
 Peace and Prosperity in 2019.

All our Best Wishes,
 Diane Connor,
 And ALL of your Sing a Song teachers.

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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Sing a Song, LLC
 Diane Connor
 812 Sherbrooke Drive, Westfield NJ 07090
 www.YourSingASong.com

Sing A Song, 812 Sherbrooke Drive, Westfield, NJ 07090

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Sent by dianeconnor@yoursingasong.com