

WIGGLE WORMS

Cut out the Wiggle Worm cards below. Take turns choosing a card and get moving!



Hop on one
foot
5 times!



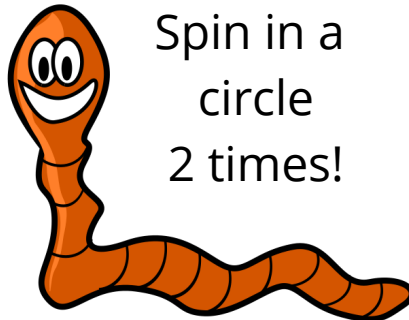
Run in place
for 10
seconds!



Touch your
toes 7
times!



Clap your
hands 4
times!



Spin in a
circle
2 times!



Dance to your
favorite
song!



Stomp your
feet 8
times!



Stretch and
try to touch
the sky!



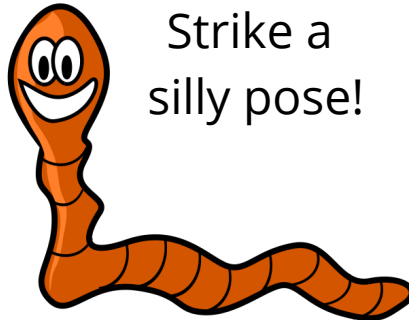
Do 6 arm
windmills!

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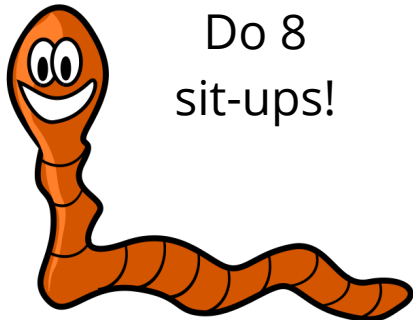
Jump as high
as you can
1 time!



Strike a
silly pose!



Wiggle your
fingers 3
times!



Do 8
sit-ups!



Shake your
head 9
times!



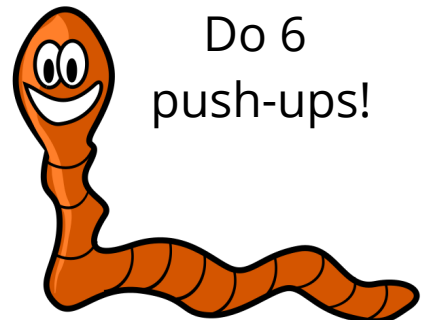
Give
someone
a hug!



Make a
funny
face!



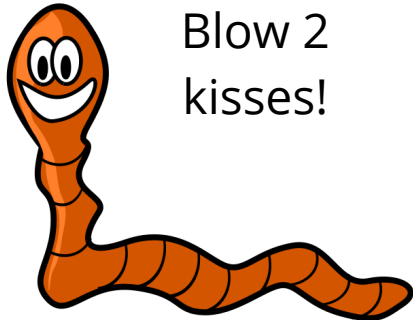
Do 4
jumping
jacks!



Do 6
push-ups!

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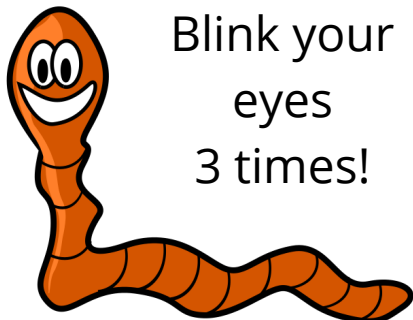
Blow 2
kisses!



Wiggle your
whole body
7 times!



Move your
shoulders up
& down 5
times!



Blink your
eyes
3 times!



Touch your
knees
10 times!



Give
someone
a high-five!



FREE
CHOICE!



FREE
CHOICE!



FREE
CHOICE!