

# Title: The Wiggle Jar

Age Group: Kindergarten / School Age

Submitted by: **Anushi (St. Victor)**



## Type of Activity: Physical

### Materials:

- Empty Jar
- Paper
- Markers or pencil
- Tape

### Sample Exercises:

- 10 Toe Touches
- 15 Frog Leaps
- Count to 30 as you crab walk
- Slither across the room

### How to Do it:

- Draw a picture label and tape it to the outside of your wiggle jar
- Cut several pieces of paper into 4x4 cm squares
- Write one exercise per square
- Fold each of the squares twice and place them inside the jar
- Close the lid and shake
- Now you are ready to pull out an exercise

### Root Skill / Extension:

#### Physical: 5.1 Gross motor

Exercising helps children with balance, coordination, body awareness, physical strength and reaction time. Children may enjoy placing their favourite exercises into their wiggle jars and pulling one out whenever they need a 'brain break' to help them refocus.

Extend the learning: Try some physical activities that you and your child can participate in together like limbo, musical chairs, freeze dance, playing basketball or bike riding.