

Wiggle Dance Party

Objective: The children will celebrate *Wiggle*-week by exercising.

Materials: Preschooler-made invitations, streamers, music and player, *Wiggle*

Procedure:

Set the scene:

- Take any and all furniture and chairs and move them to the perimeter of the room.
- Set a table of snacks and drinks.
- Set a table for a music player with plenty of lively music.
- Tape up streamers in the door ways and along the walls
- Mirrored balls and colored lights are fun for a dance party, but stay away from strobe lights.

Make your guest list:

- Invite parents and siblings to come to the dance party.
- Invite local bands or singers to provide preschool-appropriate live music.
- Invite other local celebrities: news anchors, principals, mayors, college sports stars, etc.

Read *Wiggle* one more time.

1. Discuss with the children all the ways in which they wiggled this week.
2. Ask the children to think of their favorite ways to wiggle.
3. Turn on the music and wiggle away!
4. Take a break to eat snacks.
5. Use the music to play “Wiggle and Freeze” (when the music stops, the children freeze).
6. Give yourselves a big, BIG hand!