

## Wiggle and Freeze!

**Objectives:** The children will move their bodies appropriately.  
The children will identify personal boundaries.  
The children will follow adult directions.

**Materials:** boom box or other player, CD's or tapes with lively music, plenty of space, *Wiggle* by Doreen Cronin.

Vocabulary: freeze, stop, space, wiggle, action, verb

**Procedure:**

1. Read *Wiggle* to the children.
2. Have the children stand up.
3. Open the book and re-read one page that includes an action (fish wiggling).
4. Go through each of the actions in the book and have the children demonstrate each action. (i.e. wiggle one fin on each side). You may want to introduce the idea of verbs to the older preschoolers.
5. Ask the children to sit back down and put their wiggly hands in their laps.
6. Ask for a volunteer to tell the group or demonstrate other ways to wiggle. (make sure they're appropriate wiggles).
7. Ask the children to stand up, stretch their arms out to their sides and turn one slow circle to make sure they won't bump into anyone and no one will bump into them. Tell them that this is their very own wiggle space and to try not to get into someone else's wiggle space.
8. Tell the children that they are going to get a chance to practice their wiggles. Give them the rules:
  - They can wiggle as long as the music is playing
  - They have to freeze when the music stops.
9. Do a few practice runs of a few seconds of music, a few seconds of freezing.
10. Turn on the music and let them wiggle/freeze several times or until they look like they're done.
11. Have the children wiggle their way back to their carpet squares and take a seat.
12. Congratulate everyone on wonderful wiggling!

**Extensions:**

Give the children streamers or ribbons to wiggle with.  
Show the children various exercises and play wiggle/freeze with each exercise.