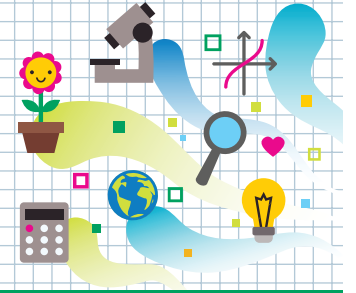




HEADS IN, HEARTS IN

Wiggle Jiggle Instructions for Set-Up



Supplies

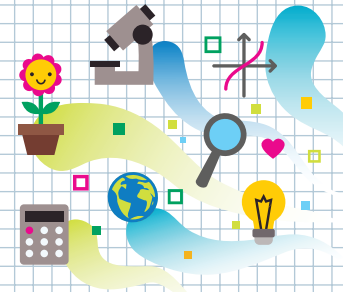
- “Guide for Families” handout
- Clear plastic standup display (optional)
- Music that can easily be stopped and started
- “Action Slip” handout
- Scissors
- Medium-sized bowl
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Cut out the actions on the “Action Slip” handout and place them in the bowl.
- ▶ Set up the display table and arrange needed supplies.



HEADS IN, HEARTS IN



Wiggle Jiggle

Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, "I notice that I am feeling anxious," rather than, "I notice I am feeling anxious. I am so weak."

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

In this activity, you will use physical activity to practice mindfulness. You will need to listen carefully for instructions.

Instructions

1. Begin by standing. You will move your body when the music starts. When the music stops, you will stop moving and listen for an action to imitate.
2. Start the music, and wiggle and jiggle all parts of your body:
 - Head
 - Arms
 - Legs
 - Feet and toes
 - Hands and fingers
3. Choose someone to stop the music. When you hear the music stop, stop wiggling and jiggling.
4. Have one person pick an action slip from the bowl, and read it aloud. Do that action. Once everyone has completed the action, start the music again, and wiggle and jiggle.
5. Repeat the command to stop wiggling and jiggling, and call out another action.
6. Reflect by asking:
 - What action did you like best?
 - What action was difficult?
 - Was it hard to stop wiggling and jiggling?
 - Did you like stopping and waiting for an action to be called out?
 - If you could make up an action to do, what would it be?

Wiggle Jiggle

Action Slip Handout

Pose like a ballerina.

Stand on one foot.

Turn your body into a rainbow.

Pose like a football player.

Sit like a lion.

Act like a cloud.

Perch like a bird.

Make your body into the shape of a letter.

Make your body into the shape of a number.

Pose like an airplane.