

Mission:

56. Wiggle Sticks

ORGANIZATION:

Music: N/A

Materials: Cup and ten to fifteen jumbo popsicle sticks with an exercise and numeral on each

Books: *Max Exercises* by Guido Van Genechten

Set up: Children are on their carpet spots in the large group area with enough room to move.



Ask children to stand up on their carpet spots. Choose a child to come up to the front and choose a “stick” from the cup/can. Ask the child to show the group how to perform the exercise/activity on the stick. Have children choose as many sticks as needed to get the wiggles out—then return to your large group activity.

Do 10 arm circles forward, then 10 backward.

Jump and reach as high as you can in the air. Repeat 9 times.

Do 15 windmills, reaching left hand across body to touch right toe.

Toe touches—touch your toes, then reach high. Repeat 13 times.

Stand up/sit down—begin with children on floor, legs crossed. On the signal “1,2,3, GO!” children stand up as fast as they can. Do 8 times.

(See appendix for additional exercises)

VARIATIONS:

Exercises could be changed out so you would have a variety of exercises to do.

EXTRA TIPS:

This is a great activity for when children get wiggly and the best part is you can choose as many or as few of the popsicle stick exercises as children need, depending on how wiggly they are during group.