

10

Easy Ways to Wiggle in Any Learning Space



1

Partner With an OT

Occupational therapists are brilliant & help with activities: psychosocial, physical, cognitive, and sensory

2

Create Wiggle Spaces

Create flexible work spaces to stand, stretch, dance, pace and twirl!

3

Sing & Move

Put expectations into a catchy song add in movement. Include on a poster to connect print!

4

Go On Animal Walks

Imitate different animals: bears crabs, frogs, worms. Use body weight to build endurance

5

Have a Wiggle Jar

Put cards or slips of paper with examples of wiggle moves: 10 pushups, 15 frog leaps, 4 toe touches

6

ABC Bean Bag Toss

Weighted bean bags build hand-eye coordination, muscles, 'heavy work' and more.

7

Engage & Motivate to Learn

Provide hands-on activities: alphabet aerobics, spelling stretches and air writing.

8

Play Catch a Feeling

Support SEL -use beach ball or medicine ball with faces; role play and cards with scenarios

9

Add Rhythm

Use rhythm to regulate. Dance to music, add action songs & rhymes; echo patterns, clapping syllables

10

Wiggle to Calm

Read guided imagery, teach how to transition from high energy wiggle to calm wiggle; rock-a-bye baby etc.

