

## Getting Out the Wiggles

I stand very tall.

(Stand straight, hands reach high)

I can be very small.

(Crouch down to the floor)

I can balance, can you see?

(Stand on one foot)

One foot up; one, two, three.

(Count with fingers)

Hop on both feet; hop, hop, hop.

(Hop on both feet)

Get all the wiggles out.

(Shake arms, head, feet)

Now it's time to stop. (Stand very still)

