

Too Many Wiggles

I have lots of wiggles in my body today.

I think that they might never go away.

I wiggle my toes inside my shoes, (Wiggle toes)

My ankles, (Rotate ankles)

My knees, (Knock knees together)

My hips, too. (Wiggle hips)

I wiggle my fingers in the air, (Wiggle fingers)

My elbows, (Bend elbows)

My shoulders, (Shake shoulders)

Even my hair! (Toss hair)

I think that my wiggles are almost done,

In the middle, I've only left one. (Point to stomach)

Under my shirt, it's hiding there. (Show one finger)

It's the button I always wear! (Use finger to wiggle belly button)