

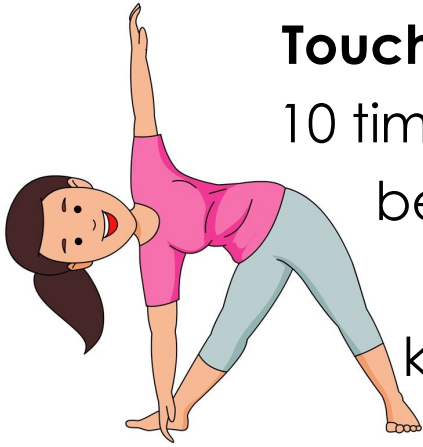
To assemble your own jar:

1. Print the free download.
2. Cut out cards and the label.
3. Use packing tape to attach the label to a jar.
4. Determine if there are any cards that won't work for your family and discard them.
5. Throw the cards in the jar.

Use **The Wiggle Jar** whenever your student has the wiggles, when your student needs a break from a lesson, or when your student is having a slumpy, low energy moment.



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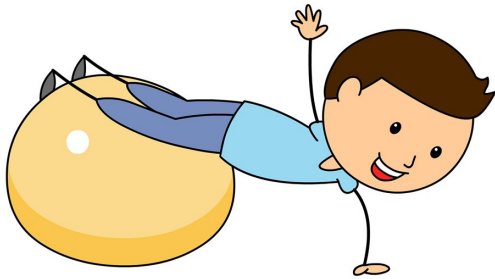


Touch your toes
10 times without
bending
your
knees.

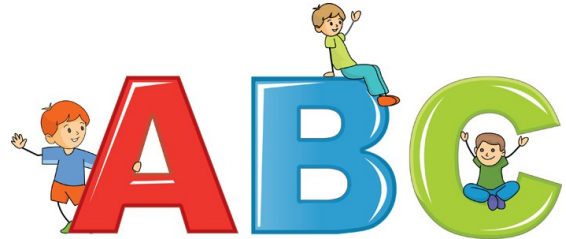


Jump Rope.
Count to 30!

Jump and stretch for 2
minutes with an exercise
ball.



**Shape your body into
letters of the alphabet**
as you spell your name.



**Stretch your
arms up to the
sky.** Hold for 10
seconds. Do it
two more times.



**Pretend you
are in a band**
for 2 minutes;
play the
instrument of
your choice!



Jump on the trampoline
for 10 minutes.



Play Simon Says with
someone for 10 minutes.

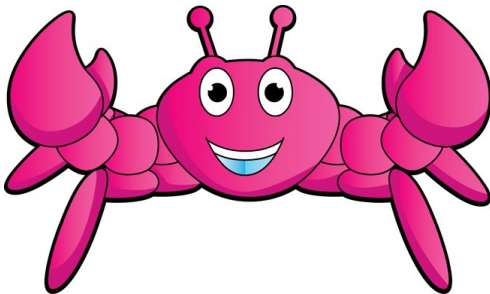


Flap your wings and fly like a bird around the house one time.

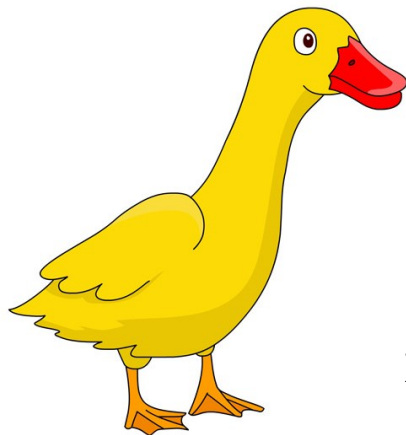
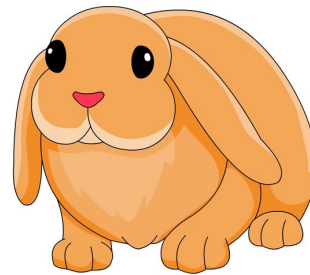


How long can you **stand on one foot** like a **flamingo**?

Crab walk across a room.

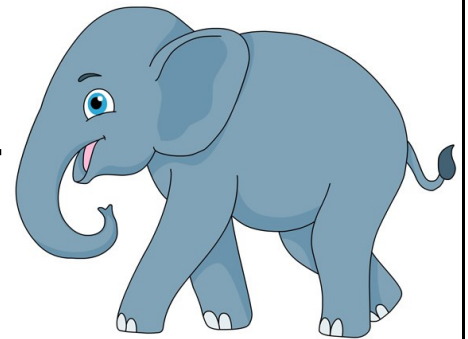


Hop like a bunny 20 times.



Waddle like a duck for 2 minutes.

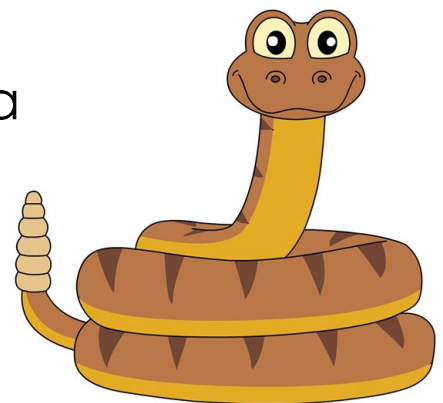
Stomp like an elephant for 1 minute.



Leap like a frog 15 times.



Slither across a room like a **snake**.





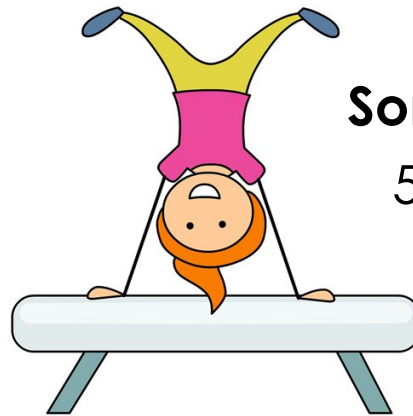
Jog in place
while you
sing the
alphabet
song.

March

around the
room and
count to 30
while you
march.



Go outside
and **ride**
your bike
for 10
minutes.



Somersault
5 times.



Do
15
jumping
jacks.

Do
10
push-ups.

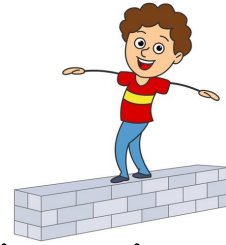


Run around
the outside
of your
house 3
times.

Bear walk
across a
room.



Push the wall
(hold it up!)
for 30
seconds.

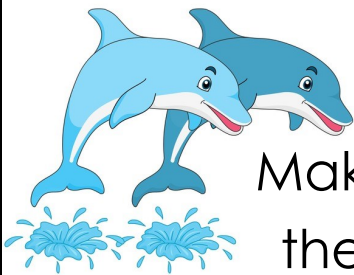


Walk an imaginary tight rope across the length of a room.



Try to **hula hoop!**
Keep trying
for 2
minutes.

Take 4 deep breaths.
Relax for 3 minutes.



Make a circle on the floor. **Jump in and out of it**
15 times.



Turn on your favorite song and **dance** until it is over.

Crawl
across
a room.



Complete 10 **sit-ups.**

