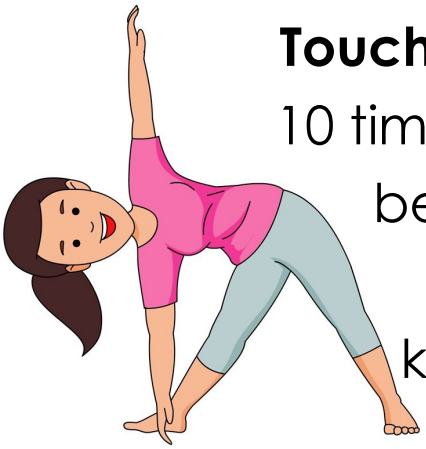
To assemble your own jar:

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.

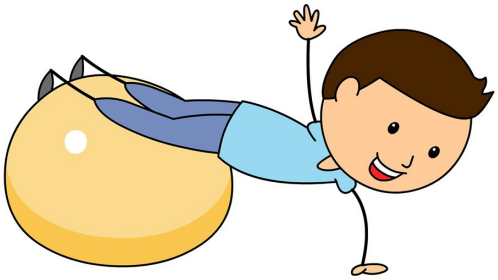
Materials and information may be used for your own personal and school use.
Material may not be used for resale or shared electronically. © HSS



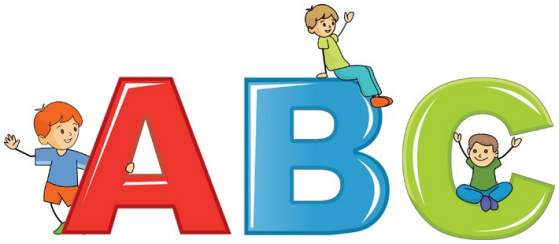
Touch your toes 10 times without bending your knees.

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.



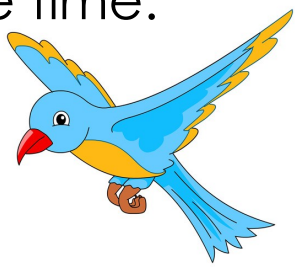
Stretch your arms up to the sky. Hold for 10 seconds. Do it two more times.

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

Jump on the trampoline for 10 minutes.

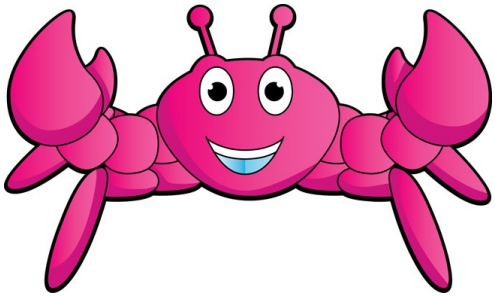
Play Simon Says with someone for 10 minutes.

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

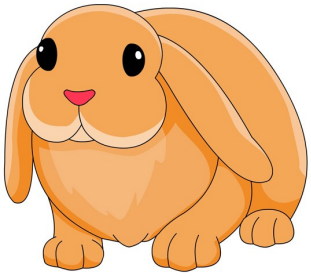


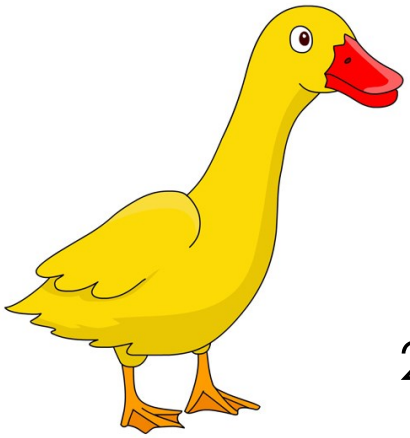
How long can you **stand on one foot like a flamingo?**

Crab walk across a room.



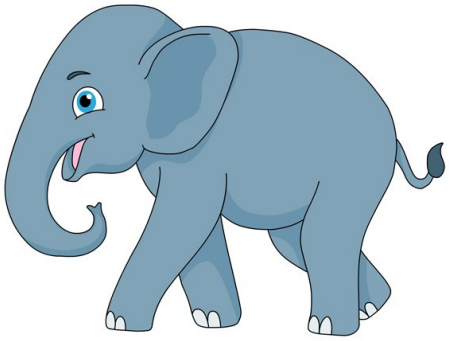
Hop like a bunny 20 times.



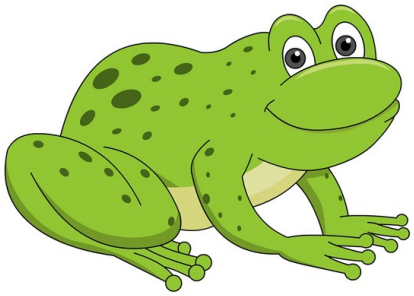


Waddle like a duck for 2 minutes.

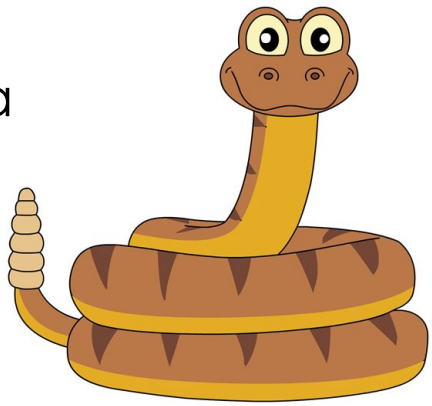
Stomp like an elephant for 1 minute.



Leap like a frog 15 times.

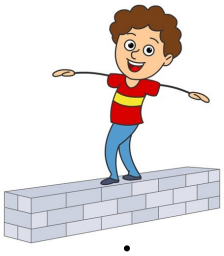


Slither across a room like a snake.

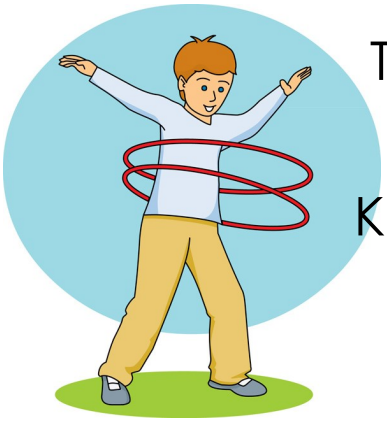


Jog in place while you sing the alphabet song.	**March** around the room and count to 30 while you march.
Go outside and **ride your bike** for 10 minutes.	**Somersault** 5 times.
Do 15 **jumping jacks.**	Do 10 **push-ups**.
Run around the outside of your house 3 times.	**Bear walk** across a room.

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

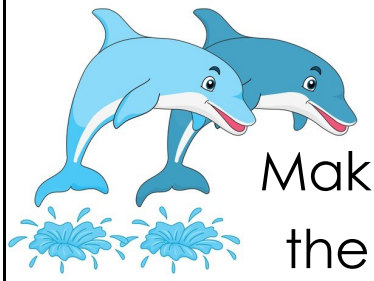


Walk an imaginary tight rope across the length of a room.



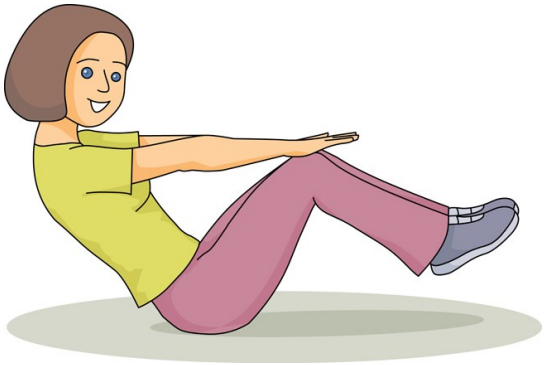
Try to **hula hoop!** Keep trying for 2 minutes.

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.**