



My Teddy's Got the Wiggles

Action Song.

Oh my teddy's got the wiggles
He wiggles his arms
Wiggles his knees
Wiggles his hips
My teddy's got the wiggles
He wiggles all day
Wiggle, wiggle, wiggle and stop!

Oh my teddy's got the shakes
He shakes his arms
Shakes his knees
Shakes his hips
My teddy's got the shakes
He shakes all day
Shake, shakes, shake and stop!

Teaching Notes: Follow the lyrics for the actions. Try to use different kinds of wiggling and shaking movements. This is good to use with scarves or pom poms.

Musical Skills:

Beat - moving in time to the beat.
Responding to stops and starts in the music.
Tempo – responding to increase in tempo (speed).

Other Skills:

Listening skills – following instructions.
Spatial awareness – moving without touching others.
Personal – creativity different ways of moving.

Extension Activities:

Create an obstacle course or an interesting path to follow (rather than walking in a straight line or circle). Take turns being the leader. Discuss the words wiggle and shake. Find some other things that wiggle and shake.

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