

Classroom Activities



Movement Poem 5- **Ziggle Wiggle**

Suggested Levels: 2-7

Time: 5 minutes

Foundation: Rhythm & Beat

Objective: Promotes movement to refocus the brain while practicing key foundations.

Description: Have the class read aloud in unison while acting out the movements.

Variation: For a shorter version, have class start with verse 2.

Ziggle Wiggle

Verse 1

Are you ready, are you set?
On your mark, don't forget!
Chuckle, chuckle, giggle, giggle,
Let's all do the ziggle wiggle!

Ready stand...
Count down, 10, 9, 8,
Do not start! You must wait!
7, 6, 5, 4,
I can't stand still anymore.
3, 2, and number 1,
Now we're ready for some fun.

Ready, Set, Go!
Wiggle, jiggle, twist, and giggle,
Turn around, reach up and down!
Wiggle, giggle, jump, and jiggle.

Keep on ziggling...
1, 2, 3, 4, 5, 6,
7, 8, 9, and 10.
Let's sit down and start again.

Verse 2

Are you ready, are you set?
On your mark, don't forget!
Chuckle, chuckle, giggle, giggle,
Let's all do the ziggie wiggle!

Ready stand...
Count down, 10, 9, 8,
Do not start! You must wait!
7, 6, 5, 4,
I can't stand still anymore.
3, 2, and number 1,
Now we're ready for some fun.

Ready, Set, Go!
Wiggle, jiggle, twist, and giggle,
Turn around, reach up and down!
Wiggle, giggle, jump, and jiggle.

Keep on ziggling...
1, 2, 3, 4, 5, 6,
7, 8, 9, and 10.
Let's sit down. It's time to end!

Source: Chuckle Chants, Kathryn Gangel