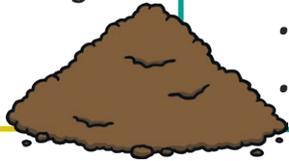


Wriggle your body like a worm in the soil.

Spend a minute on each area.

- Toes and legs
- Fingers and arms
- Back and tummy
- Head and neck
- Your whole body



Try these different variations:

- wriggle faster or slower;
- make bigger wriggling movements with your body;
- wriggle different parts of your body as your teacher shouts them out;
- interlock your hands behind your back as you wriggle;
- make yourself into the longest worm possible;
- roll from side to side;
- stretch your arms out in front of you as you roll;
- coil up into a ball;
- wriggle on your side.

