Wiggle Wednesday

Rainbow Toy Hunt: Search far and wide across your house for items. Each should be a different color of the rainbow! Red, Orange, Yellow, Green, Blue, Purple. Once you have your colors put them in order to make a rainbow. See how big you can make your rainbow!

Red Light, Green Light: Set up the game by making a start line and finish line. Everyone should begin at the start. When the leader calls green light everyone can move towards the finish. If red light is called, everyone must FREEZE until green is called again.

Adaptation: Go on a walk. Look for the colors, when you see green go, but when you see red stop! You cannot go again until you find something green.

Rainbow Actions: Each color of the rainbow has an action, when someone says the color do the movement!
- Red: Walk or Roll the Red Carpet
- Orange: Fly like a butterfly
- Yellow: Rise like the sun, stretch your arms up and wide
- Green: Grow like a tree
- Blue: Wave like the ocean
- Purple: Gallop like a unicorn—you are one of a kind!

Adaptation: Put on your own show with the movements! Brian, Our Program Director, loves the Blue, Blue, Yellow combination.

Take a video of your combination—share it with us.

Let’s Get Started
Join us in some games that will get you up and moving all around the house!

Visit us on Instagram: @ComfortHopeFunEquip #WiggleWednesday

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Rainbow Actions