Wiggle Wednesday

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

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**Super Strength Training:** It is time to warm those muscles up! Grab three items around the house that are various weights. Take turns with each one, lifting up as high as you can. Raise each one ten times; count as you do it!

**Adaptation:** Put each item on the child’s lap and have them push the item to the ground 10 times.

**Freeze Power Practice:** Pick your favorite song to practice freezing to. Play the music and begin dancing or moving around the room. When the music stops, FREEZE!

**Adaptation:** Grab a spoon and bowl. You or the camper can play your own music! Make a signal or say FREEZE. When someone does the signal stop playing the music.

**Obstacle Race:** Set up pillows around the house. Have child jump from pillow to pillow through the course. Add elements like tunnels with blankets!

**Adaptation:** Set the pillows down with enough space to weave in and out. Help your child navigate the maze and time how fast you can go. You can also make a course using chalk outside!

**Villain Takedown:** Grab some plastic cups and stack them in a tower. Choose a small ‘villain’ to set at the top. Pick your favorite sidekick stuffed animal to ‘fly’ at the cups and knock them down. Take down as many villains as you like!