



Spring 2020 SOGO@HOME Adventure

Week 23 - Info sheet for Parents

W is for Wiggle

This page contains the lesson plans and goals for “Week 23: W is for Wiggle journal page. You will find the goals included in this page. If you have any questions please email us at squirts@sogoadventurerunning.com.

Drawing Challenge

We are working on fine motor skills. Practice holding the pencil or crayon with pincher grip (using your thumb, first and middle fingers, rather than a fist). Focus on proper pencil grip. Use your memory to think of things that wiggle. Brainstorm together. Once you have added things you think wiggle, go on your Wiggle Walk, and see if you can add to your square. Don't forget to add colour.

If your child decides to write a list instead of drawing: Do not worry if spelling is correct, focus on keeping the letters the same size and using the sounds you hear in the words.

Wiggle Walk

We are working on gross motor skills, practicing balance and isolation of muscles.

Using your observation skills look for things that are wiggling such as a leaf in the wind or a bird fluffing its feathers. If you didn't already have it in your Drawing square, add it!

Wiggle In Different Ways

Not all wiggles look the same. Some things wiggle to move (word), and some things wiggle so they don't fall (a caterpillar in a chrysalis) or separate (jello). Talk about the way things wiggle, and wiggle like the different wiggly things.

Wiggle Worms Game

We are practicing our gross motor skills through actions, and our fine motor skills through pinching and grasping. This activity also focuses on teamwork.

Cut out strips of paper.

Draw worms (just worm faces) on some of them. Leave some blank.

Put the strips of paper in a paper bag or hat.

Sit in a circle.

Pass the bag around, each person pulls out a strip of paper. If it is a wiggle worm everyone stands up and wiggles around. If it is blank, keep passing the bag until you find a wiggle worm.

To add a challenge, draw other symbols on the blank strips of paper. Then when those are pulled out of the bag act like those symbols. Some ideas are a tornado (spin in a circle), an airplane (arms out and fly around the room), a heart (give everyone a hug), a hand (give high fives).