

Get the Wiggles Out

By JONATHAN PEALE

Illustrated by TOM HEARD

Music Arranged and Produced by
DREW TEMPERANTE



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At school, we have fun playing with friends, jumping around, and laughing. But we need to be **respectful** to our classmates and teachers when it's time to learn. Getting the **wiggles** out can help us sit quietly as we listen and learn.

Turn the page to sing about how you can get your wiggles out!





TODAY'S LESSON:
ART

We wiggle, wiggle, wiggle.
We wiggle all about.
Then we sit very still
when we get the wiggles out!



Wiggle up high.
Wiggle down low.
Wiggle with a hand.
Wiggle with a toe!

