



Get Your Wiggles Out

Words & Music by Carol Troutman Wiggins
Arranged by the Fun Music Company 2014

C Am F G C Am F G

Get your wig-gles out, Wig-gle worm! Get your jig-gles out jig-gle worm lets

F C Dm A C Am G⁷ C

wig-gle and jig-gle and gig-gle and squirm! Get your wig-gles out Wig-gle worm!

This song is a good opening song, particularly if you've got a very active class, and you can use this to literally 'get their wiggles out'. Have them initially start sitting on their parents' laps to do this song.

As you do this song you will find a lot more variations in actions can be done. You can do it standing up or sitting down, and a lot more variations.

We have provided a couple of different tracks, so you can extend the song with another repeat if you wish.

Words & Actions:

Words	Action
Get your wiggles out,	Pat hands on lap
Wiggle worm	Running motion with arms
Get your jiggles out,	Pat hands on lap
Jiggle worm	Shake hands
Let's wiggle and jiggle and giggle and squirm	Pat hands on lap
Get your wiggles out	Pat hands on lap
Wiggle worm	Running motion with arms