

I wiggle my fingers

I wiggle my fingers, I wiggle my toes.
I wiggle my shoulders, I wiggle my nose.
When no more wiggles are left in me
Then I'm as still as still can be.

This is a very useful rhyme for calming down a group of children after a lively song.

Wiggle fingers, toes, shoulders and nose in time with the chant. Wiggle the whole body on line three. On the last line stand very still with your arms folded.

