



WIGGLE COOL DOWN





ALL GRADES

WHAT IS IT? A game to build executive function skills.

WHAT IS IT ABOUT? Practicing memory and attention.

WHY DO THIS?

IF WE...

practice memory and attention...

WIGGLE COOL DOWN

→

THEN WE...

will keep track of and use important information...

↙

SO WE...

can engage deeply in learning with each other.

THE BIG IDEA

This game is about remembering a series of motions and doing them in the correct order.

INSTRUCTIONS

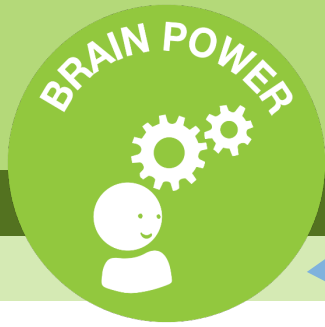
1. Say **THE BIG IDEA**.
2. Have students each find their own space in the room, where they can move around and respect the space of others.
3. Say, “We are going to count down from 10 to 1, doing different motions that help us release extra energy to get our bodies and brains calm, focused, and ready to learn.”
4. Start the countdown: “Wiggle, wiggle, wiggle for 10, 9, 8...” (*Everyone should be standing, wiggling their whole bodies and making silly noises.*)
5. “... at 7 and 6 we are getting quiet...” (*Lower your voice to a whisper as you say this.*)
6. “... at 5 and 4 our bodies sit silently...”
7. “... at 3 we take a deep breath and roll our shoulders back... at 2 we take a deep breath and cover our eyes... and 1 and 0.”
8. Finally, have students uncover their eyes.

»» **MUST DO:** Must require students to remember a series of movements associated with numbers.

↪ **CAN ADAPT:** Change the numbers/motions (e.g., count down from 20 instead of 10, shimmy for 10, etc.).

MATERIALS

✂ None required.



AFTER THE ACTIVITY, DEBRIEF:

- How did you feel playing the game? Did your feelings change as the movements changed – from fast and exciting, to slow and calm?
- What are other times when it might feel good to do a calming or relaxing activity? (E.g., before you take a ride in a car, when recess is over and we need to get our minds and bodies ready to go inside.)

TIPS FOR SUCCESS



For emergent bilingual learners, do the countdown in students' native languages.



For students who may need additional support, start at the number five, and assign one motion to each number.

ADAPTATIONS

- When first learning the activity – and continually with younger students – practice each move one by one: *wiggle, get quiet, sit silently, breathe deeply, roll shoulders back.*
- Over time, see if students can remember the sequence without the directions; try just counting down the numbers aloud.
- After students have mastered counting down from 10 – 1, increase the challenge level by starting at the number 15 or 20 and inviting them to create new motions for the different numbers.