



VIRTUAL STORYTIME

@ the DeSoto Public Library



MAY 28TH, 2020

Today's theme will focus on the importance of exercise and movement.

Otis has lost all his energy to do anything physical... all he wants to do is lay around and eat! He learns how much fun he can have by getting up, getting energized, and dancing!

BOOKS SHARED

- [Wiggle.](#) Doreen Cronin. Atheneum Books. 2005
- [How Do You Wokka-Wokka?](#) Elizabeth Bluemle. Candlewick Publishing. 2009.

PARENT TIP

Be sure to engage in a daily routine of active time for your child. Just like adults, kids can suffer from "cabin fever" for being stuck in the house. Dance is an excellent opportunity to get those wiggles out and have fun.

Suggested Activity:

Have a "dance off." Play music and learn some silly dances together... such as the chicken dance, limbo, bunny hop, etc...



PUT YOUR HANDS UP HIGH

tune of "Do Your Ears Hang Low"

Put your hands up high,
put your hands down low,

Put your hands in the middle
and wiggle just so.

Put your elbows in front,
put your elbows in back
Put your elbows to the side
and quack, quack, quack!



WIGGLE WORMS

A Movement Rhyme

Once there were some little worms.
And all they did, was squirm and squirm.
They wiggled and wiggled up and down.
They wiggled and wiggled all around.
They wiggled and wiggled and wiggled
... UNTIL...
They were tired and could sit very still.
Now they could listen,
Now they could see
All of the things
I have here with me.

