



"Come Praise the Lord with your Feet"

Physical Benefits

Children learn about themselves and their world through physical exploration, discovery and interaction with their surroundings. Guided movement gives children a way to explore rhythm, space, their imagination and the physical makeup and capacities of their own bodies.

It also helps them develop

- self-awareness
- cooperation
- sense of belonging
- contributing to the group

Sharing space, ideas and movement creation helps children bond with the group and build a sense of community.

Psychological Benefits

- Children gain satisfaction from experiencing their mind and body working together in a creative process.
- They cooperate socially and possibly interact cross-culturally.
- Children are challenged to listen for sound cues and to find the right place in space.
- This keeps them thinking and moving at the same time, creating a strong mind and body connection.
- Mirroring and wiggle walk movements develop cooperation and concentration

Wiggle Giggle

Wiggle giggle is a program specifically designed for children between the ages of 2 to 5 years old to begin the exploration of music through dance.



The Many Benefits of Wiggle Giggle at Creekside Christian Preschool

Cognitive Benefits

Movements taught in Wiggle Giggle empower the cognitive dimension of learning.

When children in Wiggle Giggle carry out an activity it requires

- **concentration**
- **following directions**
- **problem solving**

using new context, generation original ideas and finding ways to communicate them. The ability to replicate demonstrations is important for learning other skills such as handwriting. Listening, observation and interpretation skills are sharpened in Wiggle Giggle. Children who make the connection between visual observation and physical replication develop both cognitive and physical competence. Children learn about another dimension to words when they must link them to actions and space.