

Warm Up Wiggles & Wash Up!

This activity supports toddlers as they build early healthy habits through simple movement and self-care routines. Children explore warm and cold sensations while engaging in playful indoor exercises, followed by a guided handwashing experience that helps them warm their bodies and practice an essential hygiene routine.

What you need:

- Warm up Wiggles Song (to the tune of “If You’re Happy and You Know It.”)
- Scarves or soft fabric squares
- Child-safe step stool (if needed for handwashing)
- Warm (not hot) water running at the sink and child-friendly soap

What to do: Part 1 – Warm Up Wiggles!

1. Invite the children to move their bodies to get warm, talk about the weather and why this is important on cold winter days.

2. Sing the Warm up Wiggles Song:

“If your body needs to warm up, give a wiggle!

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Give a wiggle, give a stomp,

Clap your hands and do a jump,

If your body needs to warm up, give a wiggle!”

3. Try simple movements such as:

- Marching in place
- Reaching up “like stretching to the sky”
- Stomping “like winter boots in the snow”
- Gentle scarf waving
- Wiggling fingers, then sitting down and wiggling toes.
- Twirling or side stepping with support

4. You can also use language like “can you stretch your arms up so high?” “Wiggle your fingers, wiggle your toes!” “Let’s warm up our bodies because it’s so cold outside”



Part 2 - Warm Hands Wash Up!

1. After warming up, transition to a healthy habit such as washing hands.
2. Bring the group to the sink and run warm (not hot) water and let children feel it with their hands.
3. Guide them through the routine using simple language: “water on” “soap on” “rub, rub, rub!” “dry, dry, dry!”
4. Sing the ABCs or 10–15 seconds of humming

Activity extension: Add a “warm vs cold” sensory bin (lukewarm water + cold snow in a tray)

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