

Wiggle Week Countdown: 1 week to go!

There's only one week left until the **Wiggle Week Challenge**, taking place next week from **Monday 6th February – Friday 10th February!**

Wiggle Week is a new healthy lifestyle campaign which introduces healthy behaviours by combining catchy song-words with well-known nursery rhyme tunes. Over the past two weeks, children in reception and year one have been learning six different wiggles. During the Wiggle Week Challenge, we will be encouraging everyone to complete all six wiggles everyday to earn sticker rewards!

Remember to check your school's MEND Healthy Notice Board to see which wiggles we'd like you to learn this week. Test how well you know them already by seeing if you can match the Superdude to their wiggle...



Powerfood Wiggle

Active Wiggle

Water Wiggle

Family Wiggle

Healthy Teeth Wiggle

Bedtime Wiggle



Think you might need a bit more practice? Take a look at our Wiggle Week videos by searching 'Mytime Active London' on YouTube.

Wiggle Week Countdown Competition

Last chance to send us your photos and videos of your family practicing the wiggles to win some great prizes! Please tweet us @3BMytimeActive and hashtag #WiggleWeek on social media to be in with a chance of winning a bag of play equipment, including hoops and balls, for your family!

If you have any questions about Wiggle Week or MEND in Schools, please contact the team MIS@mytimeactive.co.uk

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