









## The Wiggle Week Challenge is here!

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 three weeks, children in reception and year one have been learning six different wiggles.

The Wiggle Week Challenge has begun, and will run all week from **Monday 6<sup>th</sup> February - Friday 10<sup>th</sup> February!** All children in reception and year one have been given a star chart and stickers to fill in throughout the week. Wiggle your way to a MEND-Friendly day and reward yourself with a sticker every time you complete a wiggle!

Wiggle Week Star Chart	 Casper Powerfood Wiggle	 Clark Active Wiggle	 Rocky Water Wiggle	 Suzy Family Wiggle	 Scarlet Healthy Teeth Wiggle	 Rue Bedtime Wiggle
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

All children taking part in the Wiggle Week Challenge will receive a certificate, jumper sticker, and balloon at the end of the week, but we hope you'll carry on wiggling even after the challenge is over!

Still can't remember the wiggles? Take a look at our Wiggle Week videos by searching 'Mytime Active London' on YouTube.

## Wiggle Week Challenge Competition

We loved seeing all your photos and videos during the Wiggle Week Countdown, so we've launched a brand new competition for the Wiggle Week Challenge. Send us photos or videos of your family completing your favourite wiggle by the end of the week and the best we see will 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](mailto:MIS@mytimeactive.co.uk)

Email: [MIS@mytimeactive.co.uk](mailto:MIS@mytimeactive.co.uk)

Twitter: @3BMytimeActive

Instagram: 3bmytimeactive