Get the Wiggles Out

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Music Arranged and Produced by
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SCHOLASTIC

Published by Scholastic Singapore, operating under Grolier International Inc.,
81 Ubi Avenue 4, #02-30 UB. One, Singapore 408830, a subsidiary of
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ISBN: 978-981-11-4179-9

Book design and art direction, Tim Palin Creative
Editorial direction, Flat Sole Studio
Music direction, Elizabeth Draper
Music arranged and produced by Drew Temperante

Printed in China

At school, we have fun playing with friends, jumping around, and laughing. But we need to be **respectful** to our classmates and teachers when it's time to learn. Getting the **wiggles** out can help us sit quietly as we listen and learn.

Turn the page to sing about how you can get your wiggles out!

TODAY'S LESSON:
ART
2
3
4

We wiggle, wiggle, wiggle.
We wiggle all about.
Then we sit very still
when we get the wiggles out!

Wiggle up high.
Wiggle down low.
Wiggle with a hand.
Wiggle with a toe!