

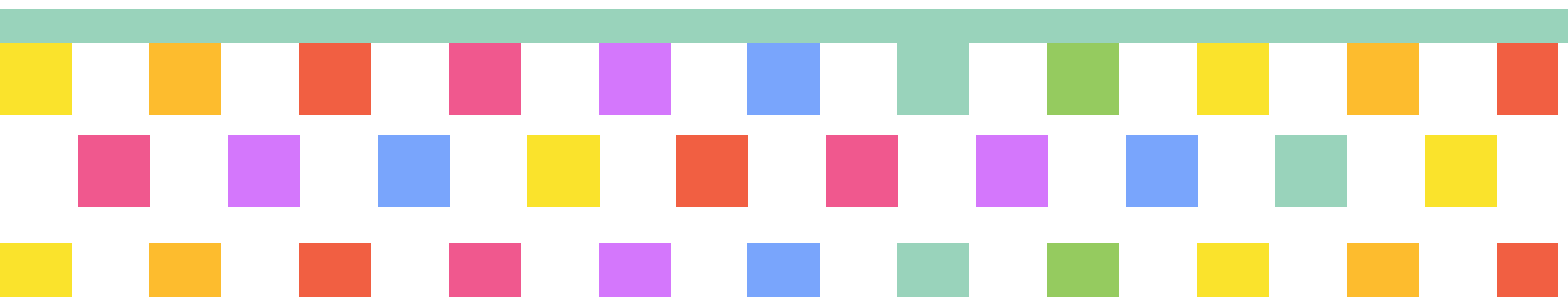
WIGGLES & GIGGLES

A FUN FAMILY-FRIENDLY ACTIVITY
TO KEEP YOU AND THE KIDS MOVING!

DESIGNED EXCLUSIVELY FOR WWW.IHEARTNAPTIME.NET

BY PAPERELLI (WWW.PAPERELLI.COM)

FOR PERSONAL USE ONLY



CRAB
WALK

BRIDGE

FROG
JUMPS

SUPER
MAN

PLANK

WHEEL
BARROW

ARM
CIRCLES

BIRD
FLAPS

MONSTER
STOMP

ONE-LEG
FLAMINGO
BALANCE

DANCE

BUNNY
HOPS

20
SECONDS

15
SECONDS

45
SECONDS

50
SECONDS

35
SECONDS

30
SECONDS