

Supplies for activities needed:

- Dancing feet and a singing voice

Activity Name: Shake My Sillies Out

- School Readiness Outcomes (SRO) goals met:
  - Expressing Feelings

- Lyrics

Gotta shake, shake, shake my sillies out  
Shake, shake, shake my sillies out  
Shake, shake, shake my sillies out  
And wiggle my waggles away

I gotta clap, clap, clap my crazies out  
Clap, clap, clap my crazies out  
Clap, clap, clap my crazies out  
And wiggle my waggles away

I gotta jump, jump, jump my jiggles out  
Jump, jump, jump my jiggles out  
Jump, jump, jump my jiggles out  
And wiggle my waggles away

I gotta yawn, yawn, yawn my sleepies out  
Yawn, yawn, yawn my sleepies out  
Yawn, yawn, yawn my sleepies out  
And wiggle my waggles away

Gotta shake, shake, shake my sillies out  
Shake, shake, shake my sillies out  
Shake, shake, shake my sillies out  
And wiggle my waggles away  
And wiggle my waggles away

- Extension Activity Ideas
  - Draw faces with different emotions on notecards, sticky notes, or paper plates. Then, have your child identify each feeling and make a face that represents that emotion.

- Examples: sad/upset, happy, angry/mad/frustrated, scared, surprised, confused

