

Wiggle words



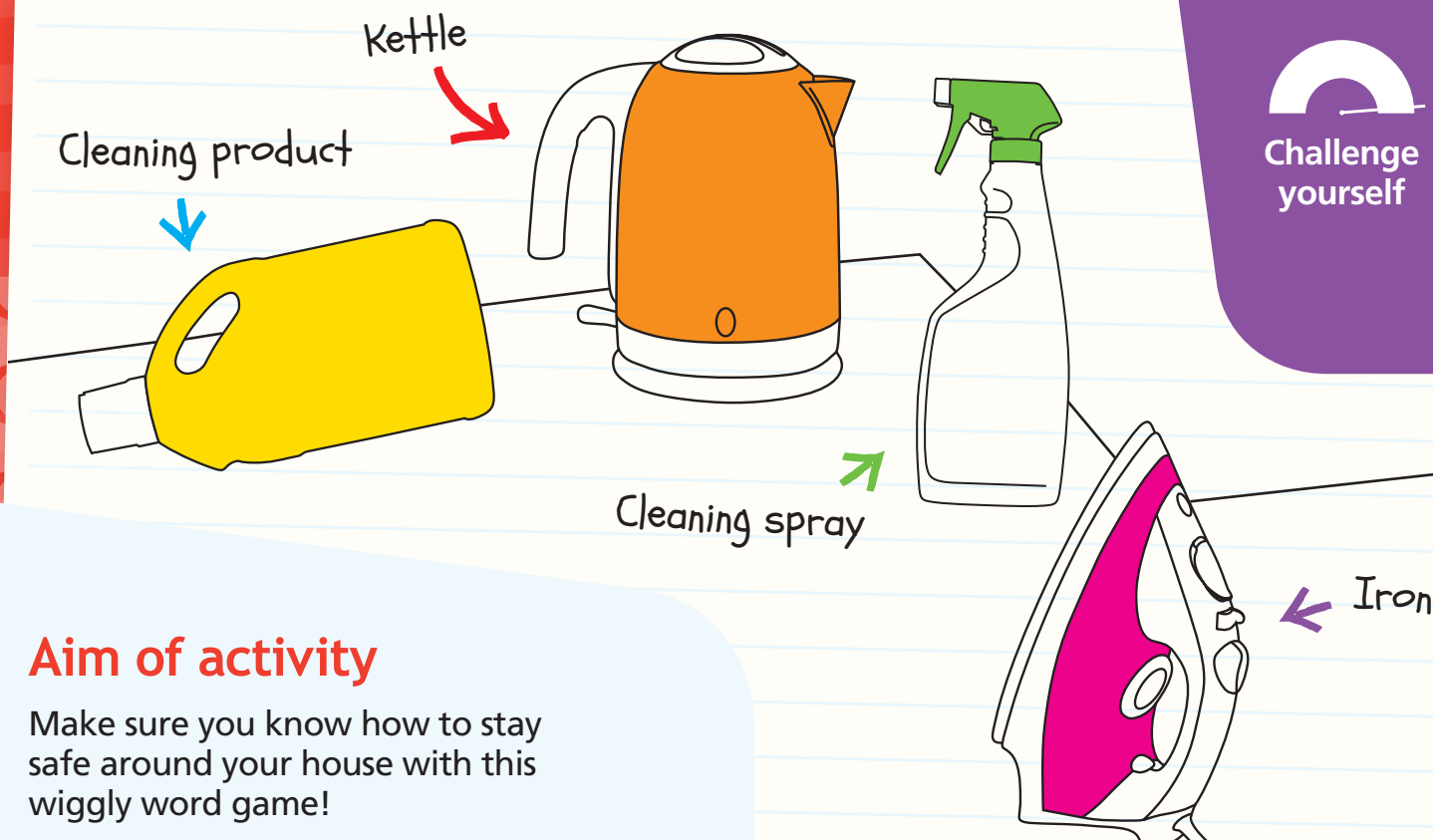
Personal safety
and self-defence



20 mins



Challenge
yourself



Aim of activity

Make sure you know how to stay safe around your house with this wiggly word game!

What you'll get out of it

- Think about danger
- Decide how to stay safe
- Use your imagination

What you'll need

- No resources needed

Stay safe

Your house is a safe place, but even so, you should still keep a lookout for things that might be dangerous.



Kitchen

oven
kettle
knife

Bedroom

iron
hot cup of tea
plug

Bathroom

bath (of water)
cleaning products
medicine

Living room

toys (on the floor)
lamp
lots of wires

What to do

1 Form a circle. Think of a wiggle action together. You could wiggle your arms in the air, or wiggle your nose - it's your choice! In this game, that's what you do if you hear any words that sound dangerous.

2 Everyone practise their wiggling - Leaders too!

3 Time to begin. Your Leader will call out a room in a house, like 'kitchen'.

4 Now go round the circle and take turns to say something you might find in that room. For the kitchen, that might be 'cupboards', or 'microwave'.

5 If you hear something that might be dangerous, wiggle your arms in the air! If anyone wiggles, you can all talk about why she wiggled, and how to stay safe around the object she wiggled at.

6 After everyone has had a go, your Leader will call out a new room - and you do it again.

7 Now it's time to check your meeting place. Get into small groups, with a Leader. Together, move around the building - and if anyone spots anything dangerous, wiggle!

8 Like before, if someone wiggles, her group stops and talks about how to stay safe.

9 Keep exploring until all your groups have had a few wiggles!