

WAKE UP!

By Mark and Helen Johnson

CHALLENGE

Do the dance! You can watch the video here: <http://tiny.cc/wakeupdance>

SHARE IT

If you're lucky enough to have a garden, **take your *Wake Up!* dance outside** and share it with your neighbours, the birds, the bees and the fresh air!

TALK ABOUT

What's the first thing you do when you wake up in the morning? (Stretch, wiggle your toes, clean your teeth, go to the loo, sing a song!) **Do a survey** with your friends and family and create a **tally score** or **bar chart**. How many similarities did you find? Did anyone say something totally unexpected?

DID YOU KNOW?

You won't catch whales or dolphins doing the *Wake Up!* dance, as they never fully fall asleep – half their brain always stays awake so they can continue to come to the surface to breathe.

“TODAY WAS
GOOD. TODAY
WAS FUN.
TOMORROW IS
ANOTHER ONE.”
Dr. Seuss



Song taken from
Songs For EVERY Assembly
By Mark and Helen Johnson

