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Raggs[®]



**12 Weeks of Movement
Activities for Young Children!**



“Wag & Wiggle” Activity Tool Kit

Preschool, Kindergarten, Early Elementary

- Activity Guide with 12 weeks of movement activities for young children
- More than 60 fun, healthy activities in 10-minute sets
- **Meet Raggs** DVD with 5 “Wag & Wiggles” (under bonus features)*
- **Raggs Dance Party** CD* with 14 original songs
- A master coloring sheet and stickers* for “Wag & Wiggle” awards that kids can color and keep!



*If you are downloading the “Wag & Wiggle” Tool Kit, you can request a free copy of the **Meet Raggs** DVD, **Raggs Dance Party** CD and 25 stickers for \$15 shipping and handling. Contact Raggs at 704-372-7400 or jpriest@raggs.com.



Why Kids Need to Get Up and *GO!*

Physical activity is essential to health for young children. It helps make bones and muscles strong, keeps weight at a healthy level, and boosts psychological well-being in kids, as it does in adults. And encouraging children to "get up and go" every day teaches them healthy habits they'll keep for a lifetime!

The United States Department of Health and Human Services says children should be physically active for at least 60 minutes every day. The 60 minutes of activity can be spread throughout the day. Each **Raggs** "Wag & Wiggle" activity set provides 10 minutes of the daily movement that's vital for good health—and fun for kids to do!

Kids run, hop, skip and jump naturally for fun. With the guidance of an adult, these movements can also:

- Improve fitness and health.
- Build fundamental motor skills.
- Increase awareness of the body in relation to people and objects.
- Reinforce a sense of self through participation in group activities.
- Boost language and social skills.
- Teach how to follow directions.
- Encourage creativity.
- Inspire a lifelong love of healthy physical activity.

Raggs is filled with music and movement, as the five-member band of colorful, singing-dancing-talking dogs romps from one adventure to another.

Each show features a 2-minute "Wag & Wiggle" segment that encourages young viewers to get on their feet and start moving. In the first minute of each "Wag & Wiggle," a **Raggs** character demonstrates a few simple moves. In the second minute, viewers are invited to dance along! (We bet you'll be on your feet "wagging & wiggling" right along with the kids!)

On the pages that follow, you'll find descriptions of the movements in each of the 5 "Wag & Wiggles" on the **Meet Raggs** DVD, plus additional movement activities, divided into easy-to-teach, easy-to-learn 10-minute sets that will be fun, healthy ways to get and keep kids moving in the weeks ahead.



The Daily Activity Lineup

- Each day, children watch a 2-minute “Wag & Wiggle” from the *Meet Raggs* DVD.
- Immediately following viewing, an adult leads kids in 8 minutes of easy-to-teach, easy-to-learn movements that are fun and healthy to do. Move to the songs of your choice on the rockin’ *Raggs Dance Party* CD.
- It doesn’t matter whether kids and adults get the movements “right.” Any way you move to the music, kids—and adults, too!—will be getting healthy and fit, and having a blast!

The “Wag & Wiggle” Moves

Raggs’ “Wag & Wiggle” goes like this:

Step 1: “Bend your knees, guitar up and hop backwards!”

- “Bend your knees.” - Bend your knees.
- “Guitar up.” - Hold your arms like you’re holding a guitar.
- “Hop backwards.” - Hop backwards once on one foot.

Step 2: “Chase your tail around we go and now the other way!”

- “Chase your tail. . .” - Standing straight, hold your arms out in front, with hands bent at the wrists like paws, and run in a small circle around yourself—first one way (clockwise), then the other (counter-clockwise).

Step 3: “Jump and bury the bone.”

- “Jump.” - Standing straight with arms and “paws” out front, jump once.
- “Bury the bone.” - Move your hands in a “digging” motion with knees slightly bent.

Trilby’s “Wag & Wiggle” goes like this:

Step 1: “Kick to the side and swing your arms.”

- “Kick to the side.” - Kick straight out to the side, one leg at a time.
- “Swing your arms.” - Swing your arms straight up in the air for a full stretch.

Step 2: “Run, run, and jump up high. See if you can touch the sky.”

- “Run, run. . .” - Run a few steps forward, or run in place.
- “Jump up high. . .touch the sky.” - Jump up and throw your arms straight up to the sky, like a cheerleader.

Step 3: “Bounce the ball and through the hoop.”

- “Bounce the ball, and through the hoop.” - “Bounce” a pretend ball to the side and “toss” it through an imaginary hoop.



Pido's "Wag & Wiggle" goes like this:

Step 1: "Drum roll. . .and cymbal, snare, bass."

- "Drum roll. . ." - Bend arms at the elbow, bend fingers toward each palm with thumbs over the top as if holding drumsticks, and imitate a drum roll by alternating moving hands up and down at the wrists.
- ". . .Cymbal, snare, bass." - Lift one arm to imitate hitting a cymbal with a drumstick, then a snare drum with a drumstick, and stomp one foot to imitate hitting a bass drum pedal.

Step 2: "Off to the 'fridge to get a juicy bone."

- "Off to the 'fridge to get a juicy bone." - While facing front, skip to the side.

Step 3: "Jump on your surfboard and ride the waves in."

- "Jump on your surfboard, and ride the waves in." - Imitate riding on a surfboard, with knees bent and arms straight out to either side.

B.Max's "Wag & Wiggle" goes like this:

Step 1: "Arm up, arm down, circle your paws all around."

- "Arm up, arm down, circle your paws all around." - Bring arms straight up out front one at a time, then bring them down and circle them around at the same time.

Step 2: "Arms out, down to the floor, cross and open, jiggle your paws."

- "Arms out, down to the floor, cross and open, jiggle your paws." - Arms up like you're cheering, arms back down to slightly above ankles as you bend, cross and uncross arms in front of legs, then straighten up and jiggle arms out in front like you're waving.

Step 3: "Fly, fly, fly the Armomatic fly."

- "Fly, fly, fly." - Extend straight arms to either side, and pretend to fly, alternately leaning to either side and raising one arm, then the other. B. Max is sitting still in his wheelchair, but kids can walk around as they're "flying."

Razzles' "Wag & Wiggle" goes like this:

Step 1: "Skip to the corner, looking for our list."

- "Skip to the corner." - Skip a few steps forward.

Step 2: "Jumping backwards, ticking off our jobs."

- "Jumping backwards. . ." - Jump backwards with feet together.

Step 3: "Jump for joy, and do a scissors step."

- "Jump. . .scissors step." - Do a giant jumping jack, and when arms come back down, crisscross legs as you hop.

Week-by-Week Activity Sets

Week 1

Learn to "Wag & Wiggle!"

Monday	Watch, learn and practice first few moves in Raggs' "Wag & Wiggle."
Tuesday	Watch, learn and practice remaining moves in Raggs' "Wag & Wiggle," then put it all together to music.
Wednesday	Watch, learn and practice first few moves in Trilby's "Wag & Wiggle."
Thursday	Watch, learn & practice remaining moves in Trilby's "Wag & Wiggle," then put it all together to music.
Friday	Watch and review Raggs' "Wag & Wiggle" and do it to music. Watch and review Trilby's "Wag & Wiggle" and do it to music.

Week 2

Learn More "Wag & Wiggle!"

Monday	Watch, learn and practice first few moves in Pido's "Wag & Wiggle."
Tuesday	Watch, learn and practice remaining moves in Pido's "Wag & Wiggle," then put it all together to music.
Wednesday	Watch, learn and practice B.Max's "Wag & Wiggle."
Thursday	Watch, learn and practice Razzles' "Wag & Wiggle."
Friday	Depending on available time, watch and review Pido's, B.Max's and/or Razzles' "Wag & Wiggle" and do each to music.

Week 3

Add Your Own "Wag & Wiggle!"

Monday	Watch Raggs' "Wag & Wiggle," do it, and invite children to add their own "Raggs moves" to music.
Tuesday	Watch Trilby's "Wag & Wiggle," do it, and invite children to add their own "Trilby moves" to music.
Wednesday	Watch Pido's "Wag & Wiggle," do it, and invite children to add their own "Pido moves" to music.
Thursday	Watch B.Max's "Wag & Wiggle," do it, and invite children to add their own "B.Max moves" to music.
Friday	Watch Razzles' "Wag & Wiggle," do it, and invite children to add their own "Razzles moves" to music.

For Weeks 4-12, start each day with the 2-minute “Wag & Wiggle” of your choice. Then go on to do these follow-up activities to music from the Raggs Dance Party CD. Encourage kids to make up their own moves and take turns teaching them to the group.

Week 4 Everybody Stretch!	Monday	“Wag & Wiggle,” then have children do a “bird stretch,” by standing up straight, chests out, necks stretched with chins up, and arms spread to either side like “wings.”
	Tuesday	“Wag & Wiggle,” then have children do a “sun salute,” by touching toes, and slowly straightening up and spreading arms straight up in the air.
	Wednesday	“Wag & Wiggle,” then have children stretch and balance in “tree poses,” by standing straight up with feet planted firmly, balancing on one foot, reaching up and to the sides, crouching down low, etc.
	Thursday	“Wag & Wiggle,” then have children crouch as if they are very tiny, then grow as if they are very tall. Have them take turns in pairs, doing opposite stretching (one crouching, one tall), and then matching stretching (both the same at the same time).
	Friday	“Wag & Wiggle,” then have children take turns demonstrating their favorite stretches to the group.

Week 5 Everyone’s a Party Animal!	Monday	“Wag & Wiggle,” then have children imitate birds. Encourage little running steps, stretching arms out, flapping “wings,” bending to the ground to “peck” at food, waddling (with knees bent) like ducks, etc.
	Tuesday	“Wag & Wiggle,” then have children imitate monkeys. Encourage jumping, swinging arms, reaching up high, bending down low, etc.
	Wednesday	“Wag & Wiggle,” then have children imitate kangaroos. Encourage hopping forward and backwards, skipping around in circles, etc.
	Thursday	“Wag & Wiggle,” then have children imitate horses. Encourage “galloping,” skipping, jumping, shaking their “manes,” shaking their “tails,” etc.
	Friday	“Wag & Wiggle,” then have children imitate lions and tigers. Encourage taking long, slow steps forward and backwards, running, leaping, etc. If there is time, also have children imitate elephants. Encourage small steps forward and backwards, with one arm swinging out front like a “trunk,” reaching up as if on hind legs, etc.

Week 6

Super Sports Stars on Stage!

Monday	"Wag & Wiggle," then have children pretend to play basketball, by running, "dribbling," jumping, and reaching to "shoot a basket."
Tuesday	"Wag & Wiggle," then have children pretend to play baseball, by "swinging a bat," running, pitching, and reaching to catch a "fly ball."
Wednesday	"Wag & Wiggle," then have children pretend to swim, by reaching forward and moving their arms one over the other, stretching their arms with hands together out front then pushing them apart, reaching arms over head one over the other (as in a backstroke), jumping up on a "diving board," etc.
Thursday	"Wag & Wiggle," then have children pretend to play soccer, by running, kicking to either side, jumping up, crouching low to catch a "ball" before it goes into the "net," etc.
Friday	"Wag & Wiggle," then have children pretend to ski or ice skate, by gliding one foot after the other, jumping, spinning, etc.

Week 7

Games are Great!

Monday	"Wag & Wiggle," then have children pretend to jump rope, by jumping forward and backwards, hopping on one foot at a time, skipping, reaching their arms up as if swinging a jump rope, etc.
Tuesday	"Wag & Wiggle," then have children pretend to play tag in place, by running, walking like they're sneaking up on someone, reaching to "tag" someone, etc.
Wednesday	"Wag & Wiggle," then have children pretend to play a circle game like Ring Around the Rosie, by walking, skipping and running together in a circle, sitting down and getting back up, etc.
Thursday	"Wag & Wiggle," then have children pretend to play hopscotch, by hopping on one foot, the other foot, and two feet, leaping forward and backwards, etc.
Friday	"Wag & Wiggle," then have children pretend to play leapfrog, by crouching down low, then stretching tall and leaping forward.



Week 8

Dynamic Disco Dancers!

Monday	"Wag & Wiggle," then have children do the "twist," "the swim," "the mashed potatoes" (standing on toes and moving heels in and out), etc.
Tuesday	"Wag & Wiggle," then have children pretend to be ballet dancers, by doing twirls, spins, walking on their toes, jumping forward and backwards, leaping, raising arms high with hands together over their heads, etc. at varying speeds.
Wednesday	"Wag & Wiggle," then have children do the hokey-pokey, by putting one foot in, one foot out, shaking all about, one hand in, one hand out, shaking all about, etc.
Thursday	"Wag & Wiggle," then have children pretend to be a rock 'n roll band (like Raggs and friends!) by pretending to play guitars and drums, and dance. Encourage stretching, jumping, wiggling, etc.
Friday	"Wag & Wiggle," then have children make up their own dances from their favorite moves of the week. Have the kids take turns leading different steps.

Week 9

Bein' Keen While We "Clean!"

Monday	"Wag & Wiggle," then have children pretend to "sweep," swinging their arms as if with a "broom," "sweeping" forward and backwards, high and low, taking big steps and small steps, etc.
Tuesday	"Wag & Wiggle," then have children pretend to "wipe the windows," reaching, bending, jumping, stretching, etc.
Wednesday	"Wag & Wiggle," then have children pretend to "pick up toys," by bending, stretching, reaching, walking forward and backwards, etc.
Thursday	"Wag & Wiggle," then have children pretend to "do the laundry," by walking and running to "gather" clothes, reach and crouch to "dip" the clothes in the water or washer, "scrub" the clothes, "fold" the clothes, etc.
Friday	"Wag & Wiggle," then have children pretend to "dust," by reaching, bending, jumping, stretching and "wiping," high and low, etc.

Week 10

Everything's Peachy on the Playground!

Monday	"Wag & Wiggle," then have children march forward, backwards, individually, in a line, in a circle, etc. For added fun, have children pretend to be a marching band, using their arms to "play" instruments like trombones, drums, etc.
Tuesday	"Wag & Wiggle," then have children skip forward, backwards, in lines, in circles, etc.
Wednesday	"Wag & Wiggle," then have children hop on one and then two feet, forward, backwards, in lines, in circles, etc.
Thursday	"Wag & Wiggle," then have children run quickly, slowly, in lines, in circles, etc.
Friday	"Wag & Wiggle," then have children jump high, low, forward, backwards, etc.

Week 11
Jumpin' for Jobs!

Monday	"Wag & Wiggle," then have children pretend to be carpenters, "sawing" wood, "hammering" nails, reaching up to "build," "carrying" a heavy load, etc.
Tuesday	"Wag & Wiggle," then have children pretend to be traffic police officers, reaching with their arms to stop and start traffic in different directions, walking and running to "help" someone cross the street, etc.
Wednesday	"Wag & Wiggle," then have children pretend to be teachers, reaching up to write on the board, "walking" around the classroom, jumping up to get a book from a tall shelf, etc.
Thursday	"Wag & Wiggle," then have children pretend to be chefs, rolling "dough," flipping "burgers," shaking a "frying pan," stirring a bowl of "batter," walking or running to and from the "oven," flipping "pizzas," etc.
Friday	"Wag & Wiggle," then have children pretend to be farmers or cowboys and cowgirls, bending to feed the "chickens" and plant some "seeds," reaching to pick corn from very tall "stalks," climbing up on "horses" and galloping off, etc.

Week 12
Superheroes Are Super Stupendous!

Monday	"Wag & Wiggle," then have children pretend to be superheroes flying, running, leaping and stretching their arms wide.
Tuesday	"Wag & Wiggle," then have children pretend to be superheroes "climbing," by lifting their knees and reaching hand over hand, then "jumping" down and running.
Wednesday	"Wag & Wiggle," then have children pretend to be superheroes ducking for cover, walking or running, then crouching, leaping and crouching again.
Thursday	"Wag & Wiggle," then have children pretend to be superheroes jumping; straight up, with knees bent, with arms up, with arms down, forward, backwards, etc.
Friday	"Wag & Wiggle," then have children take turns teaching the group their favorite superhero moves.



Raggs®

See
Raggs!



Watch Raggs on your
local PBS station and
visit www.Raggs.com
for tune-in information.

www.Raggs.com



Character Bios

Raggs® - *“Pawsuuup! Let’s play!”*

Raggs is the puppy of the pack and the leader of the band. He’s a guitar twanging, lead singing, bundle of canine energy who really loves to rock ‘n’ roll.

He’s curious, enthusiastic, eternally optimistic, always ready to throw himself 100% into a new game, challenge or adventure. Like all puppies, Raggs loves to play. He’s not afraid of helping out around the clubhouse too, but he can be easily distracted from his work if there is a game or more interesting activity available.

Raggs is a talented tail chaser, a passionate flea scratcher and a compulsive sniffer. Any hint of a new scent will have his nose working overtime around the clubhouse trying to track down that smell.



Trilby® - *“Shake those tails, let’s get moving!”*

Trilby is the super, super sporty fashionista of the band. She loves her music, fashion and sports all in equal measures. Trilby is smart, confident, stylish and has a matching accessory for every occasion. There’s nothing Trilby won’t attempt and no challenge she won’t face head on. She proves you can be girly and fashion conscious and be a canine sporting dynamo at the same time. But it’s on the sports field that she really excels. She is the kind of girl who is worried about chipping a nail one minute, then goes out and trounces the competition on the soccer field the next.

Trilby is a happy ambassador for life and it rubs off on her friends. She is also a good friend to everyone in the band. On stage Trilby uses her bass to lay down a funky beat and is always ready to show off her latest athletic dance move.



Pido® - *“Stand back, brain attack!”*

In complete contrast to Razzles’ order and organization, Pido is a laid back surfer dude who is totally happy to take life as it comes. Pido is the same age as Razzles, Trilby and B. Max and his favorite pastimes are surfing and cooking. He likes nothing better than to chill out at the beach, then come home and create some out of this world snack. He loves food as long as it’s healthy and can whip up one of his Pido pizza specials in no time at all.

Pido can seem to be a bit vague and forgetful sometimes, and doesn’t always immediately grasp the finer points of any intellectual discussion. But when his brain does kick into gear - stand back, brain attack! - the lateral ideas start flowing thick and fast.

Pido loves nature and the great outdoors. He’s gentle, generous and will do anything for a friend. He is passionate about his seashell collection and loves playing the drums in the band.



B. Max[®] - *"I can feel an invention coming on."*

B.Max might be in a wheelchair but he is definitely an alpha dog. There's no problem too big for B.Max to overcome, no puzzle too tricky to solve and nothing that's broken that can't be fixed, rebuilt or repaired.

B.Max is a passionate inventor and problem solver and loves creating wild looking inventions in his Inventing Room. Though we never see inside his workshop, the flashing lights above the door always herald him emerging with some new gadget or creation. His inventions aren't always high tech but they all have very distinctive names - the Oppos-ator 9000 tells you the opposite of something. The Relaxifier 500 will help you sleep. And the Lookeelikee 4000 will show you what you look like.

B.Max's inventions are always fun, but they don't always work in exactly the way B.Max imagined. It's worth noting that B.Max's inventions never actually solve whatever dilemma, problem or question is facing the dogs. The dogs always manage to do that themselves through a process of exploration, investigation and dogged puppy determination.



Razzles[®] - *"I know! Club Meeting!"*

Razzles is the go-growl-grrrr!! She is the most logical, ordered and organized of the dogs. And if anyone was to ever ask her, she would probably say that she considers herself the natural leader of the pack. But deep down Razzles is more than happy just to hang out, play with her best friends and share her love of dancing.

Razzles has some strong opinions about how things ought to be done and loves making lists. List of jobs to be done, lists of games to be played, lists of things that need to be put on her list. She likes order, organization and preparation and gets a bit nervous if things are just the slightest bit out of control (and with dogs like these, that's pretty much all the time).



Dumpster[®] - *"Love me, love my stinky fish!"*

When Pido found Dumpster outside the stage door of a concert, he never realized he was adding such an opinionated but loveable member to the Raggs family. A high maintenance addition, Dumpster requires stinky fish, fresh cream and plenty of naptime. He prefers the comfort of his bed atop the living room cabinet, but occasionally joins the dogs for some fresh air in the garden. Dumpster frequently addresses the audience during cameos in the narrative segments in a plea for help or confirmation of his often self-centered opinions.

In addition, Dumpster stars in his own segment in the show, "Interviews with Dumpster," where he affectionately charms and entertains his guests in a talk show-like setting. With the precocious guests, he discusses the themes of each show.

