



Wiggle & Giggle



The Physical Balance Game of Fun!

AIM OF THE GAME:

Players try to win the highest number of points by keeping the rollers balanced while performing the tasks given by the pointer and the "action" card.

BEFORE YOU START:

Place the pointer in the centre of the table and the rollers in the open game box. Then place the trophy cards right side up on the table, then mix the "action" cards and put them on the table face down.

CONTENTS:

- 12 foam rollers
- 1 game board
- 12 action cards
- 12 trophy cards
- Game rules

GAME 1. THE FIRST CHALLENGE

HOW TO PLAY:

The youngest player starts. They must spin the pointer twice: the first time to determine where to place the foam roller; to find out where, look at the box the pointer indicates on the outside of the dial. The player can choose any roller.

The player must then spin the pointer a second time to find out what action they must complete while keeping the roller in position. The pointer indicates this action by pointing to a box, this time on the inside of the dial.

To complicate things, the player then draws an "action" card. There are different types of actions:

- **Puff out your cheeks**
- **Whistle a tune**
- **Imitate the call of an animal**
- **Wink**
- **Try to touch your nose with your tongue**

Note: EVERY ACTION MUST BE REPEATED THREE TIMES IN A ROW

EXAMPLE:

The first time you spin the pointer, it stops facing the box that indicates you must place the roller under your chin. The second time, it indicates you must jump. To finish, you pick an "action" card that indicates you must wink.

If you manage to keep the foam roller under your chin while jumping 3 times and winking, you win a trophy card, which is equal to 1 point.

If the roller falls while you are jumping, you must place it back in the box, you do not win any points, and the next player begins their turn.

HOW TO WIN:

The winner is the player with the most points after three turns.

GAME 2. THE REAL CHALLENGE

HOW TO PLAY:

Follow the instructions described above, but instead of the next player beginning their turn after you have managed to complete the first test, leave the roller where it is and spin the pointer a third time (or ask someone to do so for you). Add a second roller as indicated by the pointer and spin the pointer a fourth time to find out your next instruction, which you must attempt while balancing two rollers.

If you manage to complete this second test, continue with a third roller and a third action. To complicate things, you can draw an "action" card for each test.

EXAMPLE:

The first spin of the pointer indicates you must place the roller under your chin and the second spin indicates that you must jump without dropping the roller. To finish, you pick an "action" card that indicates you must whistle. If you manage to do this 3 times in a row, you can continue. The third spin of the pointer indicates you must place a roller between your knees and the fourth spin indicates that you must spin in a circle without dropping either roller. To finish, the "action" card you pick indicates you must puff out your cheeks. If you manage to complete this second test, you can move onto a third, proceeding in the same way, meaning you can add a third roller and an action from the dial and pick a new "action" card.

If you manage to keep all 3 rollers in place and complete all instructions, you win 3 points and the next player begins their turn.

Note: if you manage to balance one roller and complete an action, you win 1 point; if you manage to balance two rollers and complete two actions, you win 2 points; if you manage to balance three rollers and complete three actions, you win 3 points.

HOW TO WIN:

The winner is the player with the most points after one turn. If there is a tie, these players can play a decider.

THE BIGGEST CHALLENGE

Players can combine one or more of the games described above with a race. Before beginning, they must appoint a referee and decide where the start and finish lines will be located (for example, one at either end of the room). Having done so, the referee spins the pointer for the first time and players all place their foam roller in the indicated place. The referee spins the pointer for a second time then draws an "action" card. Players must follow the instructions and rush to cross the room, all while completing the actions.

The first player to reach the finish line without dropping their roller wins!

Players can complete several races to accumulate points. The winner is the player with the most points after 10 races.

HERE ARE THE CHALLENGES:

BALANCE A ROLLER:



On your shoulder
(using your chin
to hold the roller
in place)



Under your chin
(tilt your head to
hold the roller in
place)



Between your
wrists



On your head
(you can hold
the roller with
one hand)



Under your arm



Between your
knees



On your arm
(bend your arm
to hold the roller
in place)



Behind your knee
(bend your leg
backwards to
hold the roller in
place)

ONCE THE ROLLER IS BALANCED



Jump three times



Kneel and move
3 steps forward



**Jump on the spot
while turning in a
circle 3 times**



**Place your hands
on the ground
and jump like a
frog 3 times**

"ACTION" CARDS

(these can be used or not, depending on the difficulty level desired):



**Puff out your
cheeks**



Whistle a tune



**Imitate the call
of an animal**



Wink



**Try to touch your
nose with your
tongue**



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