



## Jigging

### Fiddle Music Dancing

**Goal:** Learn what jigging is and how to do it from an Elder, video, or book. Play fiddle music and do your best jig!

**Why is this important?** Jigging is physical activity, which is important for both children and adults. It helps to relieve stress and brings joy.

**References:** Grant, T., & Clyne, A. (2001). Physical activity and mental health. *Physiotherapy*, 87(1), 49–50.  
[https://doi.org/10.1016/S0031-9406\(05\)61195-9](https://doi.org/10.1016/S0031-9406(05)61195-9)

**Caregiver Handbook:** Métis Jigging  
[https://manitobametis.com/Videos/MM\\_Jigging\\_v4%20\(1\).mp4](https://manitobametis.com/Videos/MM_Jigging_v4%20(1).mp4)