



Jigging

Dance to the Beat of the Fiddle!

Goal: Together as a family, 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 while improving self-esteem.

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).

Tamminen, N., Reinikainen, J., Appelqvist-Schmidlechner, K., Borodulin, K., Mäki-Opas, T., & Solin, P. (2020). Associations of physical activity with positive mental health: a population-based study. *Mental Health and Physical Activity*, 18. <https://doi.org/10.1016/j.mhpa.2020.100319>