**Activate the Alphabet**

**Instructions:**

1. To begin the game, make sure that everyone has enough personal space and get ready to move!

2. Next, one person will go through each letter of the alphabet and choose a movement that begins with that letter. Everyone must perform that movement until the next letter is called. You can use the movements provided or come up with your own!
   - Tip: write the alphabet somewhere where everyone can see

**Family Talking Points:**

*Discuss together and write or draw your answers in the space provided.*

What part of your body do you think is most flexible?

Why do you think flexibility is important?

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**A** - arm circles  
**B** - balance (on one leg)  
**C** - crab walk  
**D** - dancing  
**E** - elephant steps (big stomps)  
**F** - frog jumps  
**G** - gallop  
**H** - hopping (two feet)  
**I** - ice skating (slide/hop side-to-side)  
**J** - jumping jacks  
**K** - kicks  
**L** - lunges (right and left)  
**M** - marching in place  
**N** - nod your head  
**O** - overhead stretch  
**P** - push up  
**Q** - quiet feet (tip toe in place)  
**R** - running in place  
**S** - shake out sillies  
**T** - toe touches  
**U** - up (jump with arms up)  
**V** - violin (pretend)  
**W** - walking (around the room)  
**X** - make an X shape (wide legs and wide arms)  
**Y** - yawn and stretch  
**Z** - zig-zag walk

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For more fun activities visit: [https://extension.oregonstate.edu/bepa](https://extension.oregonstate.edu/bepa)