



Activate the Alphabet



Get Ready!

Clear space indoors or outside so that everyone has room to move!



Instructions:

1. Starting with the letter "A," go through each letter of the alphabet and choose a movement that begins with that letter.
2. Everyone must perform the chosen movement until the next letter is called. You can use the movements provided or you can create your own!

TIP: If needed, write the alphabet where everyone can see it.

Family Talking Points:

Discuss together and write your answers in the space provided.

1. What part of your body do you think is most flexible?
2. Why do you think flexibility is important?

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