

Activate the Alphabet

- 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



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?