

Location	Rhythm	Nutrition	Equipment
In/Out	No	No	None

Directions:

In this activity, we are going to “Activate the Alphabet.” We will go through the letters of the alphabet and do movements that begin with each letter of the alphabet.

- When the game begins, we will start with the letter ‘A,’ and I will name an activity that begins with that letter, such as arm circles.
- We will do that activity together for 30 seconds and then move on to the next letter.

Note: Here is a list of sample activities for each letter to get you started.

- A – arm circles
- B – balance (on one leg/object in hand)
- C – crab walk/catch an object
- D – dancing
- E – elephant steps (big stomps/elephant trunk)
- F – frog jumps
- G – gallop/gorilla chest bumps
- H – hopping (two feet)/high fives
- I – ice skating (slide/hop side-to-side/move arms side-to-side)
- J – jumping jacks (full body or just arms)
- K – kicks
- L – lunges (right and left/lateral arms raises)
- M – marching (full body or arms)
- N – nod your head
- O – overhead stretch
- P – push up (partner or wall)

- Q – quiet feet (tip toe or roll in place)
- R – running/rolling in place
- S – shake out sillies
- T – toe touches
- U – up (jump with arms up)
- V – violin (pretend)
- W – walking or wheeling (around the room)
- X – make an X shape (wide legs and wide arms)
- Y – yawn and stretch
- Z – zig-zag walk or wheel

Tips:

- If needed, write the alphabet on the board.
- Get creative! For example, choose animals that begin with each letter and have students move like that animal.

Standard Connections

Did You Know?

- **Moving** and **stretching** all parts of your body is a great way to improve your **flexibility**. **Flexibility** helps you move your body more easily and helps protect you from injuries.

Show and Tell!

- ✓ *Show me* your favorite movements.
- ✓ *Tell me* why you like them.
- ✓ *Tell me* what part of your body you think is the most **flexible**. Show me!

Try This at Home

- Activate the Alphabet is a great way to **move our bodies** and **practice flexibility**. Next time you take a **physical activity break**, spell your name with movements that start with each letter of your name!

