

Active Alphabet

In a large space work your way through the different letters of the alphabet by acting out the following moves or make up your own.

Equipment

Music, Balls, Mini Yo! cards (or just your imagination)

Benefits

Supports gross motor, spatial awareness, language, communication and thinking skills.

- A** – Arm movements
- B** – Balancing
- C** – Cat (Mini Yo! or pretend to be a cat)
- D** – Dance
- E** – Elephant (Mini Yo! or pretend to be an elephant)
- F** – Frog (Mini Yo! or pretend to be a frog)
- G** – Gorilla (Mini Yo! or pretend to be a gorilla)
- H** – Hopping
- I** – In and Out (weave in and out of each other or a piece of apparatus)
- J** – Jumping
- K** – Kicking (a ball)
- L** – Leaping Lion
- M** – March or Mountain (Mini Yo!)
- N** – Nod your head
- O** – Owl (flying around hooting)
- P** – Pointing (point to the left, point to the right, point up, point down, etc.)
- Q** – Quick Movements
- R** – Rock (Mini Yo!)
- S** – Skipping
- T** – Tip Toe
- U** – Up (let's start as small seeds and grow up into tall flowers)
- V** – Vegetables (tall and thin like a carrot, become round and big like a potato, etc.)
- W** – Warrior (Mini Yo!)
- X** – Make your body look like an X
- Y** – Yoga (Mini Yo!)
- Z** – Zebra

a



arm moving

b



balance

c



cat

d



dance

e



elephant

f



frog

g



gorilla

h



hop

i



in and out

j



jump

k



kick

l



leap

m



march

n



nod

o



owl

p



point

q



quick moves

r



rock

s



skip

t



tip toe

u



up

v



vegetables

w



warrior

x



x-shapes

y



yoga

z



zebra