

## **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.

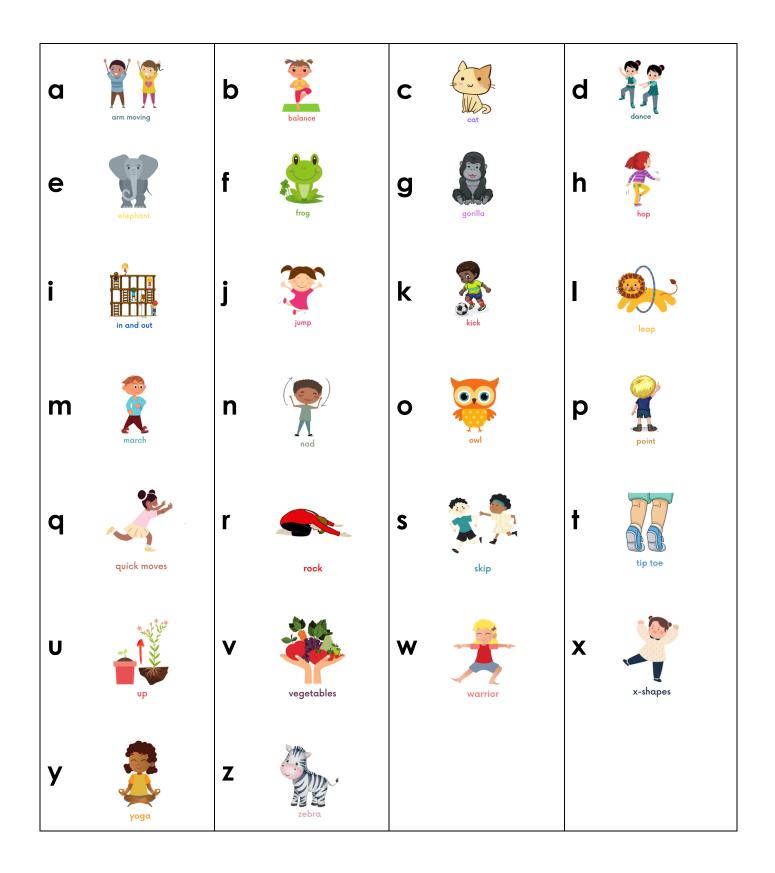
## Equipment

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



Copyright © 2017 by B Inspired Ltd. All rights reserved.