

Activity Name: ABC Exercises

Instructions: Use pre-made alphabet cards or create your own set out of scrap paper. Shuffle the cards, have your child select a random card, identify the letter, make its beginning sound, etc. Have your child perform the actions indicated on the attached page. After completing all the activities, take this activity a step further by having/helping your child arrange the cards in alphabetical order, create words that start with a specific letter, etc. For younger children tell them the letter and then proceed with the exercise.

Learning Objective: Children will increase physical agility, ability to recognize letters of the alphabet, letter sounds, print knowledge, think symbolically, and engages in sociodramatic play by exploring the arts through drama.

TSG Obj.: 4,5,6,14a,14b,16a,16b,17b,36

ABC EXERCISES:

A: act like a cat

B: balance on 1 foot

C: chair pose

D: dance

E: elephant steps

F: fly like a bird

G: gallop

H: hug

I: itsy bitsy steps

J: jump

K: karate kick

L: leap

M: march

N: noisy steps

O: open & shut arms

P: pop-up

Q: quiet steps

R: rabbit hops

S: side steps

T: twirl/twist

U: under (crawl under)

V: vacuum

W: wiggle

X: "x" jumping jacks

Y: yoga pose

Z: zig-zag steps