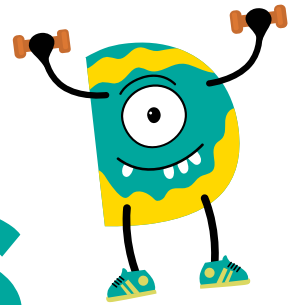


Alphabet Exercises



Spell out your name or any other word, and do the corresponding activity.

A

Do 3 frog hops.

B

Spin around in a circle.

C

Hop on your right foot 5 times.

D

Pretend to jump rope and count to 5.

E

Do 5 bunny hops.

F

Shake your whole body and count to 5.

G

Pretend to ride a horse and count to 10.

H

Hop on your left foot 5 times.

I

Balance on your right foot and count to 10.

J

Walk like a crab.

K

Bend down and touch your toes 5 times.

L

Do 5 sit-ups.

M

Walk sideways 10 steps.

N

Do 5 push-ups.

O

Flap your arms like a bird 10 times.

P

Do 5 jumping jacks.

Q

March like a soldier and count to 10.

R

Lay on your back and pedal your legs, count to 10.

S

Run on the spot and count to 20.

T

Do 7 Kangaroo jumps.

U

Do a cartwheel.

V

Take 10 giant steps forward.

W

Take 10 giant steps backward.

X

Do a Cheetah sprint.

Y

Pretend to hula hoop and count to 10.

Z

Pretend to pedal a bike with your hands, count to 10.