

Action ABC's

Instructions:

1. Stand with your child with space around you both to get active!
2. Associate each letter of the alphabet with an action.
3. Act out the action.
4. Continue down the alphabet from A-Z.
 - For example, "R is for run!" You and your child will then run from one area to the other. (See Chart)

How to extend activity:

Continue to go through the alphabet, and once they are getting more familiar with the letter-sound-action association, you can switch up the action.

- For example, for the first few times you may say "Bounce like a ball." Then you may decide to switch it up to "Buzz like a bee."

Materials: Your bodies!

Teaching Your Toddler the Alphabet With Action ABC's

A	Crawl like an Ant or Bounce like a Ball	Sniff with your Nose	N
B	Bounce like a Ball or Buzz like a Bee	Hoot like an Owl	O
C	Stretch like a Cat	Be a Pig rolling in a Puddle	P
D	Dance like a Dog or Duck	Be Quiet "shhh" the Queen is sleeping	Q
E	Swing your trunk like an Elephant	Run like a Rabbit	R
F	Hop like a Frog or Swim like a Fish	Stomp in your Shoes	S
G	Gallop like a Goat or Honk like a Goose	Tickle your Toes	T
H	Hop like a Hippo	Get Up on your Unicorn	U
I	Itch your ears	Play your Violin	V
J	Jump with a Jump rope	Wave like Whales	W
K	Fly like a Kite	Play your Xylophone	X
L	Leap like a Lion	Yawn	Y
M	Move like a Monkey or Mouse	Zip your Zipper	Z

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What they learn:

Cognitive Skills: You are strengthening your child's letter and sound recognition by associating the letter with an action.

Motor Skills: You are also practicing motor skills by carrying out all of the actions!