

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.

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!



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!