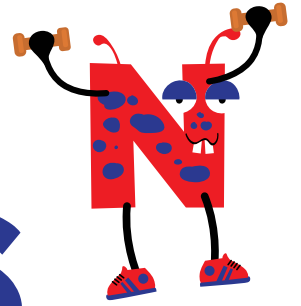


# Alphabet Exercises



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.