

Aa

Fly through the

air like an **A**irplane to our next
alphabet letter.

Nn

Nod your head

10 times.

Bb

Bounce up and

down 10 times like a **B**all.

Oo

Pretend to be an

Octopus and wiggle them all around.

Cc

Act like a **C**at to our

next alphabet letter.

Pp

Pretend to

waddle like a **P**enguin with arms
straight at side.

Dd

Waddle like a

Duck to our next alphabet letter.

Qq

Throw a **Q**uick

pass like a **Q**uarterback and then
show your best touchdown dance.

Ee

Act like an

Elephant to our next alphabet letter.

Rr

Hop like a **R**abbit to

our next alphabet letter.

Ff

Balance on one **F**oot

for 20 seconds.

Ss

Make a **S**lithering

noise like a **S**nake to our next
alphabet letter.

Gg

Go to our next

alphabet letter by skipping!

Tt

Walk on your **T**ippy-

Toes to the next alphabet letter.

Hh

Hop in all

directions for 15 seconds.

Uu

Pretend you're

on a **U**nicycle by standing on one
leg.

Ii

Pretend to **I**ce skate to our

next alphabet letter.

Vv

Show off your

Victory dance!

Jj

Do 10 **J**umping **J**acks!

Ww

Make a

Wish for someone else in the room.

Kk

Do 10 air **K**icks as

high in the air as you can!

Xx

Make an **X** with

your body with your arms and your legs spread.

Ll

Pounce like a **L**ion to

our next alphabet letter.

Yy

Do a **Y**oga pose

for the next 20 seconds.

Mm

Make a big

Moon with your arms above your head.

Zz

Zoom like a race

car to our next alphabet letter.