



Alphabet Actions

Spell out your favourite word using the actions below.
Don't be afraid to get creative!



- A** Flap your arms 20 times
- B** Jump up 10 times
- C** March on the spot 15 times
- D** Dance for 10 seconds
- E** Spin around 5 times
- F** Touch your toes 10 times
- G** Balance on your right foot for 10 seconds
- H** Balance on your left foot for 10 seconds
- I** Do 10 jumping jacks
- J** Tip toe for 10 seconds
- K** Do 10 seated flutter kicks
- L** Do 10 sit-ups
- M** Shadow box for 20 seconds

- N** Do 5 lunges on each leg
- O** Do 10 high knees
- P** Touch your toes for 10 seconds
- Q** Hop like a frog 10 times
- R** Reach for the sky 5 times
- S** Do 10 slow head circles to the left
- T** Do 5 backward arm circles
- U** Crab walk for 10 seconds
- V** Bear walk for 10 seconds
- W** Do 5 push ups
- X** Do a silly dance for 10 seconds
- Y** Do 10 slow head circles to the right
- Z** Do 5 forward arm circles