

Phonercise

Time to Phonercise. We're going to put our arms in the air and say a letter. We'll touch our shoulders and make the sound. Then we'll touch the ground and say a word that starts with that sound.

A (Hands up in the air and say "A.")

/a/ (Hands on shoulders and make the short /a/ sound.)

_____ (Say a word that starts with "A" as you touch your toes.)

B...Z

Activities: Use different categories to phonercise. You could do foods, animals, vocabulary from a unit of study, things in your state, etc.

Do body blending. Touch your head and make the beginning sound in a word. Touch your waist and make the middle sound. Touch your toes and make the final sound. Blend the sounds and say the word.

Do body math. Hands in the air and say a number. Touch your head and say "plus" or "minus." Touch your waist and say a second number. Touch your knees and say, "equals." Touch your toes and say the answer.