

5. Letter Aerobics

Some letters are tall. They start at the top dotted line. Some letters start at the middle dotted line. And some letters have a tail. They go below the line. As we say the letters of the alphabet, we're going to put our hands in the air for the tall letters, our hands on our waist for the short letters, and we're going to touch the ground for the letters with a tail.

a – hands on waist
b – hands in the air
c – hands on waist
d – hands in the air
e – hands on waist
f – hands on waist
g – touch the ground
and so forth...

Next, we're going to clap the letters. Clap up high for tall letters. Clap in front of your body for short letters. Clap down low for letters with a tail.
a-b-c-d-etc.

This time we'll pretend we're cheerleaders. Jump and put your arms out in the air for tall letters. Hands on hips for short letters. Squat down for letters with a tail.
a-b-c-d-etc.

Activities: Spell word wall words using letter aerobics.