

Alphabet Actions

Letter	Word	Action
A	Apple	Reach arms up high like picking an apple from a tree.
B	Bounce	Dribble an imaginary basketball.
C	Climbing	Lift knees and reach arms overhead like climbing up a ladder.
D	Dancing	Dance to the music!
E	Elephant	Put both hands together and move arms like an elephant's trunk.
F	Frog	Jump like a frog.
G	Gallop	Gallop like a horse.
H	Helicopter	Spin your arms like a helicopter.
I	Ice skate	Slide your feet along the ground like skating.
J	Jump	Jump like you are skipping with an imaginary rope.
K	Kick	Kick your legs (keeping your feet low).
L	Lift	Lift imaginary weights up and down.
M	March	March on the spot.
N	Nod	Slowly nod your head up and down.
O	Octopus	Wriggle your arms and legs like tentacles of an octopus.
P	Puddles	Step over (or jump into!) imaginary puddles on the floor.
Q	Quack	Waddle like a duck.
R	Rainbow	Move arms in an arc overhead like a rainbow.
S	Scoot	Slide one foot on the floor like moving on a scooter.
T	Tiptoe	Stand on your tippy toes.
U	Umbrella	Move arms up and down like an umbrella opening and closing.
V	Vines	Move arms like you are swinging on vines.
W	Wipers	Put your arms up and move them side to side like window wipers.
X	Xylophone	Pretend to hold sticks in your hand and hit keys on a xylophone.
Y	Yoga	Stretch arms and legs out wide (or any yoga pose).
Z	Zigzag	In one direction, step diagonally forwards, then diagonally backwards. Move the same way in opposite direction.