

What's your name?

Spell out your name and complete the activity listed for each letter. Can you spell out your full name and complete the activity listed for each letter? Challenge can you spell out one of your group words and complete the activity listed for each letter?

A	Jump up and down 10 times.	N	Hop on your right foot 5 times.
B	Spin around in a circle 3 times.	O	Bend down and touch your toes 20 times.
C	Hop on your left foot 5 times.	P	Flap your arms like the 'Preserving Parrot' 15 times.
D	Snap like a concentrating crocodile 5 times.	Q	Walk sideways 20 steps.
E	Stomp like a 'exploring elephant' for a count of 5.	R	Run to the nearest door and run back.
F	Do 7 star jumps	S	Skip on the spot for a count of 11.
G	Jump like a kangaroo 6 times.	T	Pick up an object without using your hands.
H	Hop like a frog 8 times.	U	Jog on the spot for a count of 10.
I	Balance on your left foot for a count of 10.	V	Walk like a 'Choosing Chimp' for a count of 14.
J	Balance on your right foot for a count of 10.	W	Run on the spot for a count of 13.
K	March on the spot for a count of 12.	X	Stretch your arms up to sky for a count of 5.
L	Walk backwards 14 steps.	Y	Move like a 'Proud Peacock' for a count of 8.
M	Slither like a 'slinky linky snake' for a count of 10.	Z	Clap your hands 16 times.