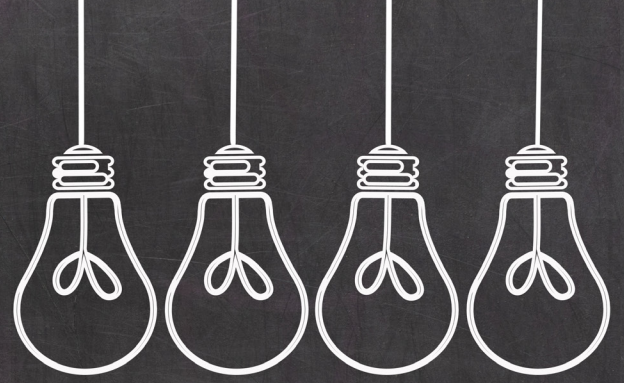
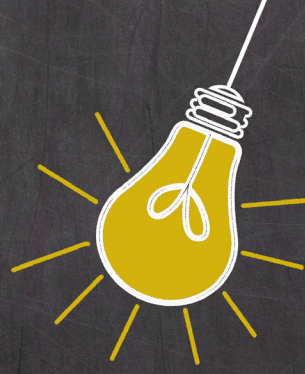


Idea in ACTION



FOR STUDENTS IN GRADES K-2

Alphabet Aerobics

Directions for Students

- ▶ Take out your list of words.
- ▶ Practice spelling each word on the list with Alphabet Aerobics.
- ▶ Create body shapes for each letter as you spell the words out loud:
 - Letters that touch the top and base lines = stand tall with arms over your head
b, d, f, h, k, l, t
 - Letters that touch the middle and base lines = bend your knees and put your arms out in front of you
a, c, e, i, m, n, o, r, s, u, v, w, x, z
 - Letters that drop below the base line = bend down and touch your toes
g, j, p, q, y

Variations:

- Sing the alphabet song.
- Spell the names of friends and family members.
- Create a fun video of yourself doing Alphabet Aerobics and post to the class feed.

Tips for Success

- ▶ Provide nonlinguistic models for students:
 - **abcdefghijklmnopqrstuvwxy**
 - Video example
 - Pictures of body positions for each letter type
- ▶ Assign a list of words to begin. When students are familiar with the activity, consider offering choices and suggestions for how students might add Alphabet Aerobics into their own learning throughout the day.
 - Possible text sources:**
 - Unit vocabulary
 - Sight words
 - Spelling lists
 - Newfound words from reading
 - Classmates' names
 - When to use Alphabet Aerobics:**
 - Morning activity
 - Warm-up before independent work
 - To start or wrap up a lesson
 - After lunch
 - When students are feeling sleepy or have a lot of wiggles
- ▶ Use open-ended questions to help students reflect:
 - “What was fun about this activity?”
 - “How did Alphabet Aerobics help your learning?”