

Linda's Limber Tricks:

Using the motion for each letter, spell your name.

Have the rest of your family spell their names.

Try spelling out a word

and have someone else figure out what you are spelling.

You can even make up your own alphabet list of animal sounds, exercises or anything you can think of!

Just have fun!!

- A – touch your **ankle**
- B – pretend to **bounce** a **ball**
- C – **clap** your hands
- D – **down** on hands and knees
- E – touch your **ears**
- F – **flap** your arms like a bird
- G – **grab** your elbows
- H – **hands** on your **hips**
- I – point to your head (where your **ideas** are)
- J – **jump** up high
- K – your best **karate kick**
- L – **lay** down
- M – **march** with knees high
- N – finger to your **nose**
- O – arms over your head to make a circle
- P – **pat** your tummy
- Q – tiptoe **quietly**
- R – **run** in place
- S – **stick** out your tongue
- T – **turn** around
- U – pretend to swim **underwater**
- V – mouth open **VERY** wide
- W – **wave** your hand
- X – arms and legs out to make an “**x**”
- Y – nod your head “**yes**”
- Z – pretend to **zip** up a jacket