

BEGINNING SOUNDS EXERCISE

I know the top of the photo says “What’s your name” and is an exercise for letters in their name...but I’m adapting it to what we are focusing on 😊

The adult will tell the child a word.

The child will tell the adult the beginning sound or letter.

The adult will look at the picture provided below and tell the child to do the exercise for that letter. 😊

You don’t have to cover all of the letters in the alphabet, just to fill the time limit. 😊

Word examples

1. nest
2. snake
3. elephant
4. joker
5. penguin
6. cat
7. monkey
8. igloo
9. van
10. lemon
11. apple
12. umbrella
13. octopus
14. house
15. watermelon
16. Bug
17. zebra
18. queen
19. kite
20. goat
21. rainbow
22. dog
23. xray
24. turtle
25. fish
26. yoyo

what's your name? fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A jump up & down 10 times

B spin around in a circle 5 times

C hop on one foot 5 times

D run to the nearest door and run back

E walk like a bear for a count of 5

F do 3 cartwheels

G do 10 jumping jacks

H hop like a frog 8 times

I balance on your left foot for a count of 10

J balance on your right foot for a count of 10

K march like a toy soldier for a count of 12

L pretend to jump rope for a count of 20

M do 3 somersaults

N pick up a ball without using your hands

O walk backwards 50 steps and skip back

P walk sideways 20 steps and hop back

Q crawl like a crab for a count of 10

R walk like a bear for a count of 5

S bend down and touch your toes 20 times

T pretend to pedal a bike with your hands for a count of 17

U roll a ball using only your head

V flap your arms like a bird 25 times

W pretend to ride a horse for a count of 15

X try and touch the clouds for a count of 15

Y walk on your knees for a count of 10

Z do 10 push-ups