

AN EASY WAY TO GET KIDS MOVING



- 1. Create an Alphabet/ Number find around the house or outside.
- 2. Write letters or numbers on paper and put them around for your child to find and tell you what they found or for you to tell them what to find around the house.
- 3. A fun way to add to this is to play it in the evening and turn the lights out and they can use a flashlight to spotlight the letters or numbers.