Here's how you play:

There is an active task associated with each letter of the alphabet!

You can have your child do all the ones that make up their name or simply pick at random.
Aa
Make a circle with your Ankle

Bb
Balance on one foot

Cc
Clap your hands

Dd
Dance!
Elevate your arms
Flex your muscles
Grab the stars
Hop on one foot
Jumping Jacks

Kick like an Inchworm

Kick your legs

Lift your legs
M: March in place
N: Nod your head
O: Jump Over a pillow
P: Push Ups
Qq
Quickly walk in place

Rr
Run in place

Ss
Sit Ups

Tt
Touch your toes
Uu: Pretend to ride a **Unicycle**

Vv: Pretend you are a **Volcano**

Ww: Windmills with arms

Xx: Pick your exercise
Yy
Flap your wings like a Yellow butterfly

Zz
Act like your favorite animal from the Zoo