

Body Alphabet – Use your body to write your name every day. Aimed at children in Years EYFS, R & 1

A = March like a soldier

B = Kangaroo jumps (side to side)

C = Travel like a butterfly

D = Climb the stairs 3 times

E = Pretend you're stuck in slime

F = Walk the plank like a pirate

G = Travel in Zig-Zags

H = Gallop like a horse

I = Pretend to fly like a kite in the sky

J = Jump like a grasshopper

K = Slide like a snail

L = Shoot up like a rocket

M = Do swimming without the water

N = Spotty Dogs

O = Pretend you're riding on a magic carpet

P = Scuttle like an ant

Q = Lie on your side and be a crocodile

R = Waddle like a penguin

S = Lasso like a Cowboy/Girl

T = Wiggle like an octopus

U = Shoot ice like Princess Elsa



V = Balance on your bum

X = Star Jumps

Y = Draw a letter in the air

Z = Pretend to be a firework