

Name Hopscotch- Create a hopscotch board on the sidewalk or driveway. In each box, write a letter of your child's name (be sure to place the letters in order). Have your child jump from letter to letter, spelling out his/her name aloud. Next, try the same activity using your child's last name.

Water Writing- Using a paintbrush and a small container of water, have your child write his/her name on the sidewalk or a chalkboard. Afterwards, ask your child to say the letters of his/her name aloud as he/she points to the letters. Next, have your child practice writing his/her last name. For an added bonus, write other letters, and think of words together that start with that letter/sound.

Name Toss- Write the letters of your child's name on small pieces of paper. Then tape the pieces of paper to the wall. Using a small, soft ball, call out a letter in your child's name and have your child throw the ball at the matching letter. Start by saying the letters in order. To challenge your child, call out the names of the letters out of order.

ABC Movement- Using the ABC Movement Chart on the next page, have your child spell out his/her name and do the activity listed for each letter. Then, have your child spell out your name and do the activity for each letter. Whose name is longer? Whose is shorter? Try out names for siblings and pets, too!

A	B	C	D	E	F
Jump x 10	Spin around x5	Hop x5	Run to the door and back	Walk like a bear	Try to do a cartwheel
					
G	H	I	J	K	L
Do 10 jumping jacks	Hop like a frog x8	Balance on your left foot for 10 seconds	Balance on your right foot for 10 seconds	March like a toy soldier	Pretend to jump rope for x20
					
M	N	O	P	Q	R
Do 3 somersaults	Do 7 Karate kicks	Wiggle your arms and legs like an octopus	Do a wheelbarrow walk	Crawl like a crab	Hop like a kangaroo 8 times
					
S	T	U	V	W	X
Slither like a snake	Walk backwards for 15 steps	Flap your arms and pretend to fly	Do 4 star jumps	Wiggle your body	Hold a plank position for 25 seconds
					
Y	Z				
Do 15 arm circles	Do 5 lunges for each leg				
					