



Get Active

Active Alphabet

In the below alphabet, each letter represents a different movement. Spell out words with your body using the movement for each letter.

Choose some of these challenges to spell:

- A country that you know somebody from.
- A country you have been to.
- The county that you live in.
- The name of your city, town or village.
- One (or all!) of the 7 continents.
- Your full name.
- The day of the week today.
- The names of people in your family.
- Some of your school spellings.

(Take a 30 second break between words)

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|---|---|
| A Lie on your back then stand up (5 times) | N Hop on right foot (10 times) |
| B Swing arms slowly in big circles (10 times) | O Take 10 long steps forward |
| C Touch the ground then jump up high (5 times) | P Jump up high (10 times) |
| D Lift knee and touch with opposite hand 20 times (alternating sides, 10 on each side) | Q Touch your toes and hold for 10 seconds |
| E Crawl on the floor for 10 seconds | R Hop on left foot (10 times) |
| F Touch your toes (10 times) | S Run on the spot for 10 seconds |
| G Lie on your back and pretend to pedal a bike with legs for 10 seconds | T Stretch arms and legs out wide like a star for 10 seconds |
| H Bounce side to side (10 times) | U 10 Jumping Jacks |
| I Punch the air 20 times (alternating arms, 10 on each side) | V Jump with an imaginary skipping rope for 10 seconds. |
| J Spin around (5 times) | W Kick left leg (10 times) |
| K Flap your arms like wings for 10 seconds | X Gallop like a horse for 10 seconds |
| L Kick right leg (10 times) | Y Slither like a snake for 10 seconds |
| M Jump like a frog (10 times) | Z Kick heels to bum 20 times (alternating legs, 10 on each side) |

With someone in your household, take turns spelling out the names of different places without saying out loud what it is. See if you can figure out what words each other have spelled.



Irish Heart
Foundation