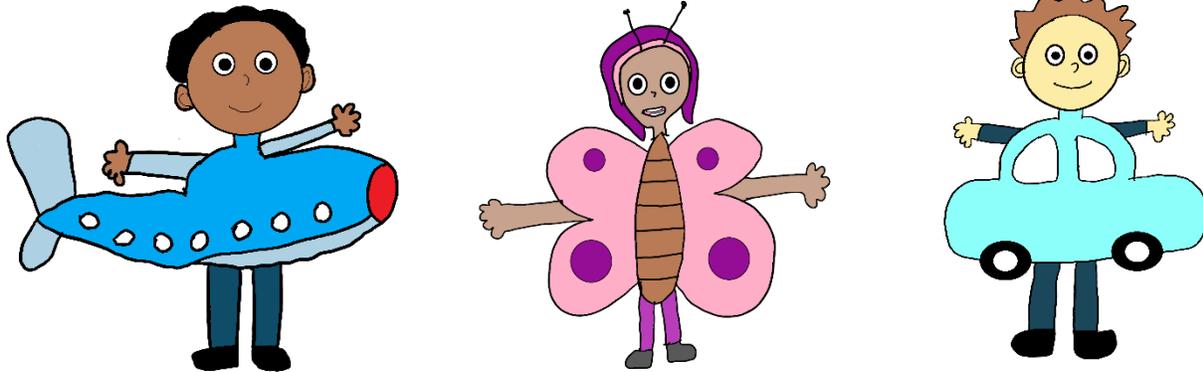


Halloween Costumes Get Up and Move

Alphabet Sounds



There is no winner or loser it is a cooperative game to learn and practice beginning sounds in a fun and active way.

Game Rules:

Place the cards in a bucket or in a pile and pick a card.

Costume cards: Whomever picks the card names the beginning sound and then all players are able to act out the card together.

Work Out Cards: Player that picks the card does as the card says. For example if a player picks the card 10 jumping jacks they then do 10 jumping jacks. Work out cards are used to make the game more active. All players can do the exercise if they chose.

- A airplane;** arms out, jump then go down onto your belly.
- B butterfly;** elbows out jump and flap your elbows.
- C car;** sit on your butt, arms in front pretending to drive a car.
- D duck;** say quack quack and flap your elbows.
- E elephant;** arm to your nose shake your head up and down.
- F fire truck;** stand up lift up knees and arms to climb a ladder.
- G giraffe;** arms above head stretch and stand on your tip toes.
- H hippo;** stomp your feet as you march.
- I iguana;** go to your hands and knees and crawl.
- J jellyfish;** move your arms as if they're tentacles.
- K kite;** pretend to fly a kite.
- L ladybug;** flap your arm three times then get down to your knees and crawl on the floor.
- M monkey;** jump up and down making monkey noises.
- N narwhal;** put hand to head to be a horn and pretend swim.
- O ostrich;** kick one foot out then the other several times.
- P pig;** lay down on your back and pretend to roll in the mud.
- Q quail;** run nodding your head as if your looking for worms.
- R rabbit;** hop around.
- S spider;** sway back and forth as if swinging from a web.
- T train;** say choo choo and run around.
- U unicorn;** hand on head like a horn and gallop like a horse.
- V volcano;** arms above head and shake them as if exploding.
- W whale;** pretend to swim.
- X xylophone;** play the pretend xylophone.
- Y yoyo;** pretend to play with a yoyo.
- Z zebra;** take a few steps and do a little jump.

