

ALPHABET

WHOLE-BODY CARDS

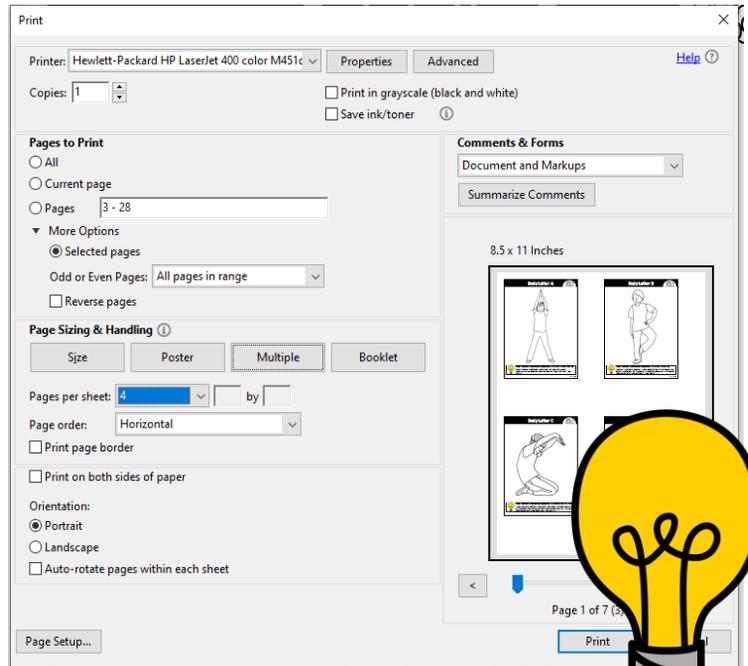


ALPHABET WHOLE-BODY CARDS

What are the Alphabet Whole-Body Cards?

Thanks so much for showing interest in my Alphabet Whole-Body Cards. These cards are a fun way to get students up and moving as they practice the letters of the alphabet! If you have additional questions about this packet you can reach out to me directly at littlemindsatworkLLC@gmail.com

Print Tips: You can choose to print the cards with several sheets onto one sheet of paper. This will lower your cost in paper, ink, and lamination. You might also choose to print the cards smaller so they fit better on a ring. Type in the pages, click multiple. Then, choose between portrait or landscape. You can also use the drop down menu to adjust from 2 or 4 pages onto one sheet.

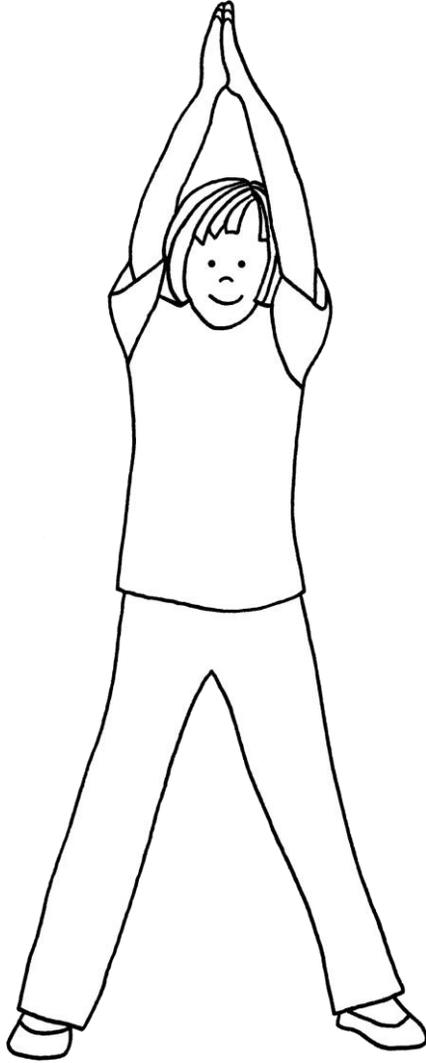


This freebie is part of my Alphabet Curriculum. You can view my Alphabet Curriculum by clicking [**HERE**](#)



Body Letter A

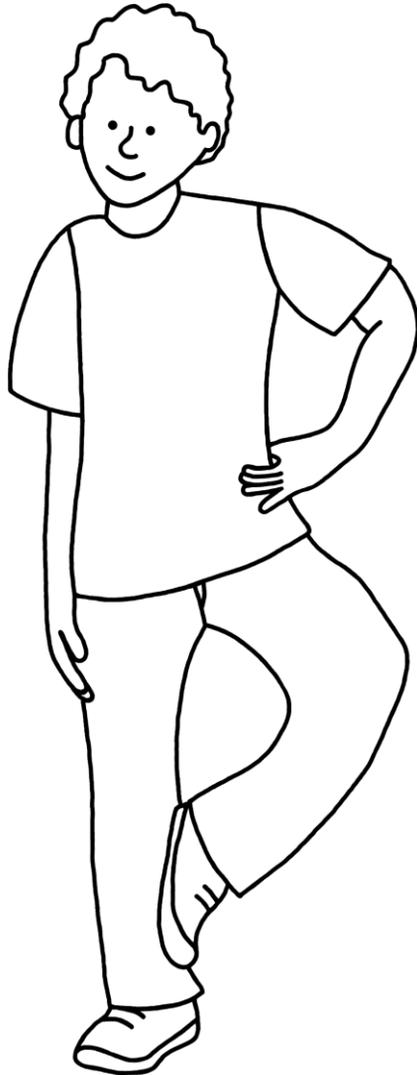
ABC



Body Formation Movement Cues: Students will stand with their feet apart. Students will place their arms overhead with palms together. As the students form the letter A, they will chant, “/a/, /a/, A.”

Body Letter B

ABC



Body Formation Movement Cues: Students will stand with one hand on their hip to create the first bump. Students will place one leg on their lower shin to create the second bump. As the students form the letter B, they will chant, “/b/, /b/, B.”

Body Letter C

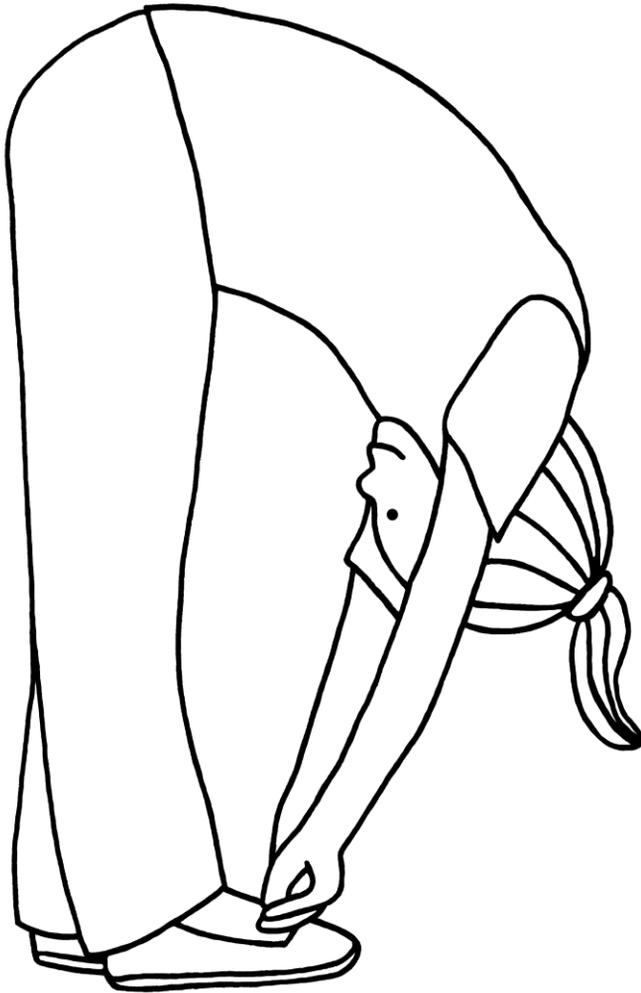
ABC



Body Formation Movement Cues: Students crouch down on their knees. Students will arch their back and raise their arms out in front of their face. One hand will rest on the other hand. As the students form the letter C, they will chant, "/c/, /c/, C."

Body Letter D

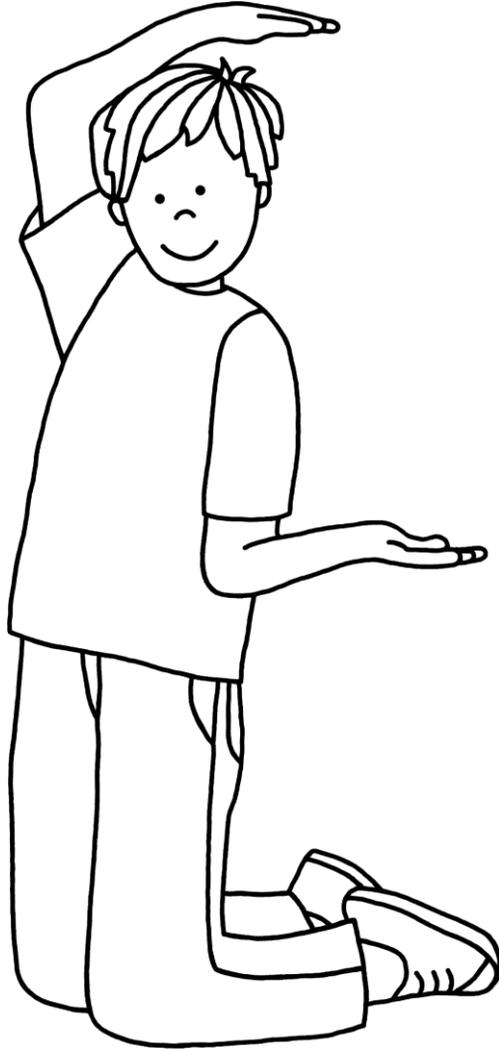
ABC



Body Formation Movement Cues: Students arch their backs and bend down towards the ground. Students will attempt to touch their toes. As the students form the letter D, they will chant, “/d/, /d/, D.”

Body Letter E

ABC



Body Formation Movement Cues: Students will sit up on their knees. Students will place one hand over their head and the other hand near their waist. As the students form the letter E, they will chant, “/e/, /e/, E.”

Body Letter F

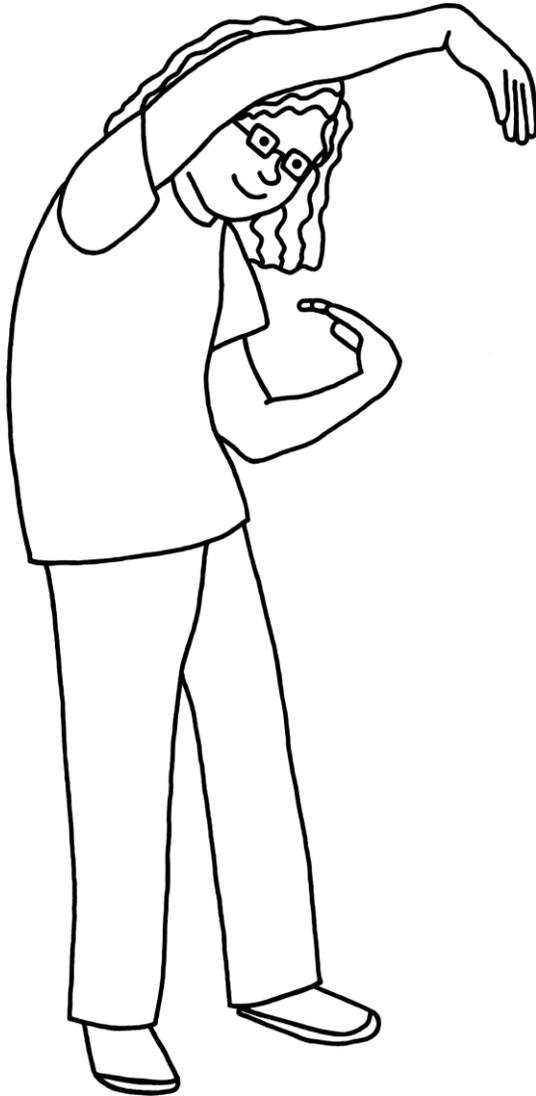
ABC



Body Formation Movement Cues: Students will stand straight. The students will place their arms to the side, one near their head and one at the middle of their stomach. As the students form the letter F, they will chant, “/f/, /f/, F.”

Body Letter G

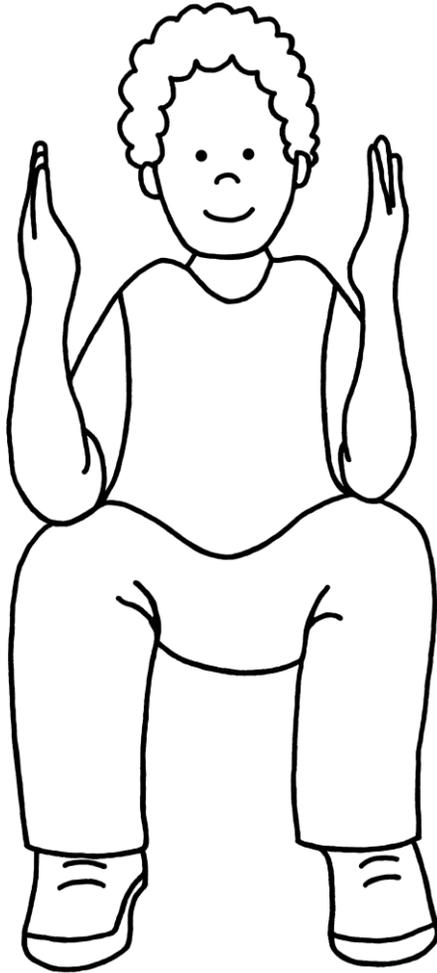
ABC



Body Formation Movement Cues: Students will stand straight with a slight arch in their back. The students will place one arm curved near their head and the second arm folded towards their body. As the students form the letter G, they will chant, "/g/, /g/, G."

Body Letter H

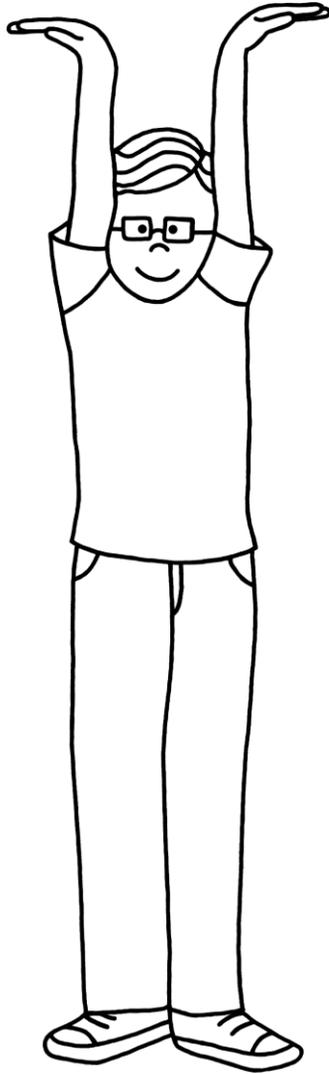
ABC



Body Formation Movement Cues: Students will crouch down with an elbow on each leg. Students will point their arms and fingers towards the ceiling. As the students form the letter H, they will chant, “/h/, /h/, H.”

Body Letter I

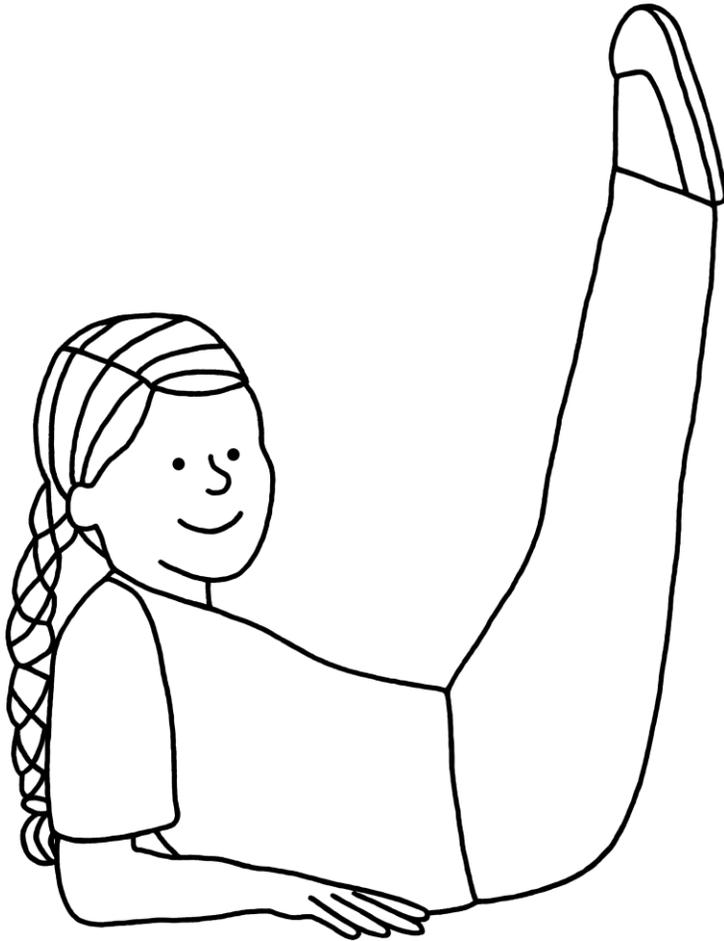
ABC



Body Formation Movement Cues: Students stand tall with their feet pointed to each side. Students will place their arms above their head with their hands pointed outwards. As the students form the letter I, they will chant, “/i/, /i/, I.”

Body Letter J

ABC



Body Formation Movement Cues: Students will lean back while sitting. Students will lift their legs together towards the ceiling. Students will lean back on their arms. As the students form the letter J, they will chant, “/j/, /j/, J.”

Body Letter K

ABC



Body Formation Movement Cues: Students will stand tall with one foot flat and one arm straight above. Students will lift the other leg with the same side arm stretched. As the students form the letter K, they will chant, “/k/, /k/, K.”

Body Letter L

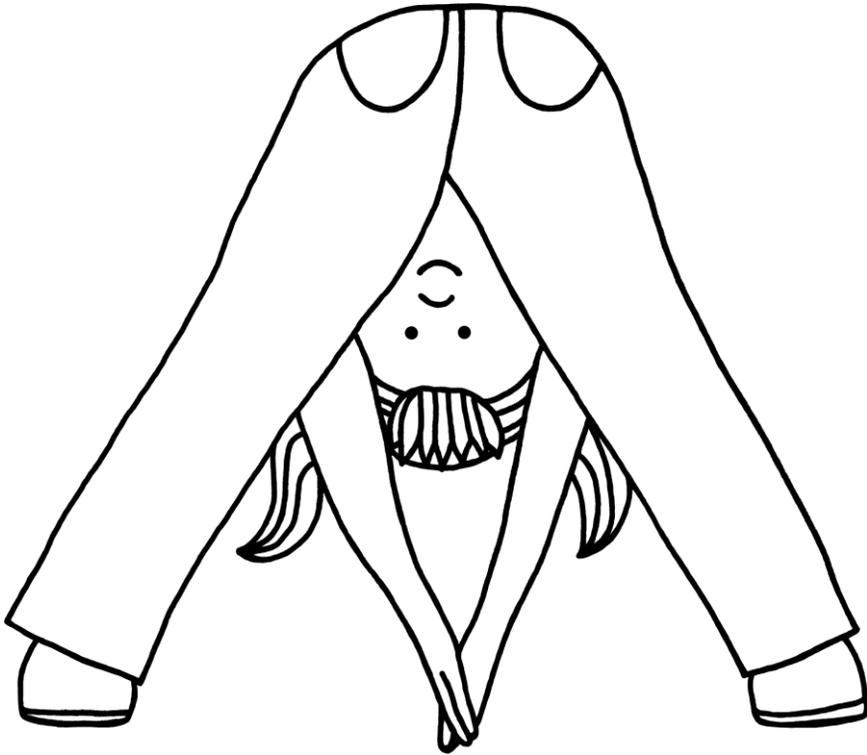
ABC



Body Formation Movement Cues: Students will kneel on their knees with their arms stretched above their head. As the students form the letter L, they will chant, “/l/, /l/, L.”

Body Letter M

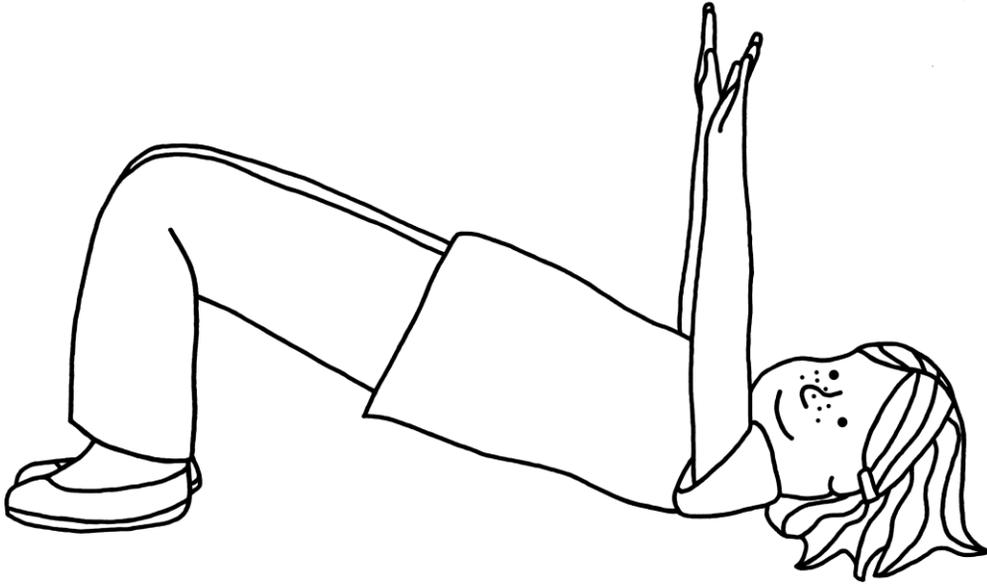
ABC



Body Formation Movement Cues: Students will bend over with their feet apart. Students will clasp their two hands together and place them towards the floor. As the students form the letter M, they will chant, “/m/, /m/, M.”

Body Letter N

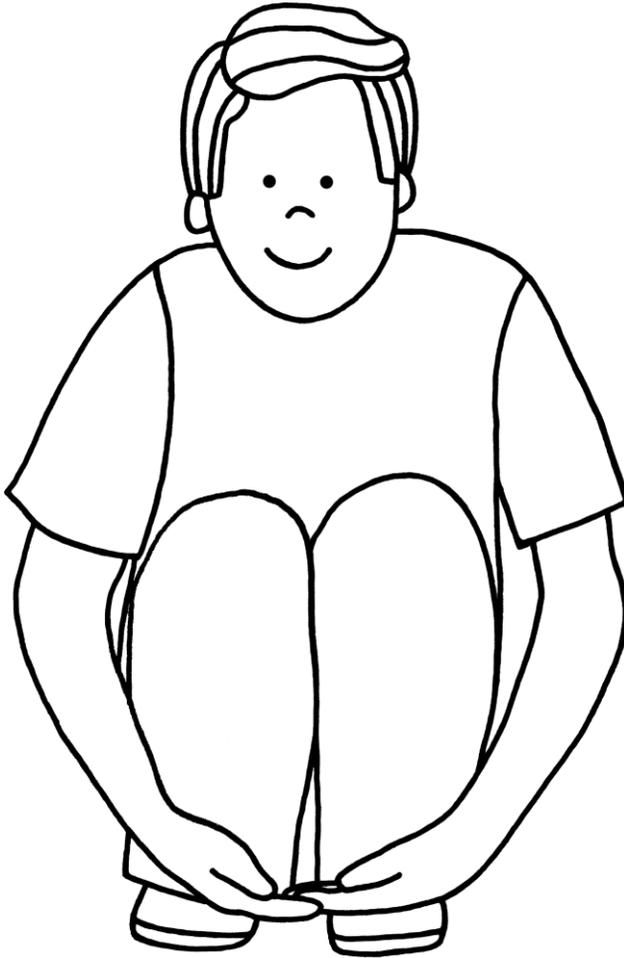
ABC



Body Formation Movement Cues: Students will lay on their back. They will keep their shoulders on the floor while they lift their body up and bend their knees. They will left both arms straight up. As the students form the letter N, they will chant, “/n/, /n/, N.”

Body Letter O

ABC



Body Formation Movement Cues: Students will squat down low to the ground. Students will curve their hands around by their ankles. As the students form the letter O, they will chant, “/o/, /o/, O.”

Body Letter P

ABC



Body Formation Movement Cues: Students will stand straight. They will curve their arms to the side to form a circle. As the students form the letter P, they will chant, “/p/, /p/, P.”

Body Letter Q

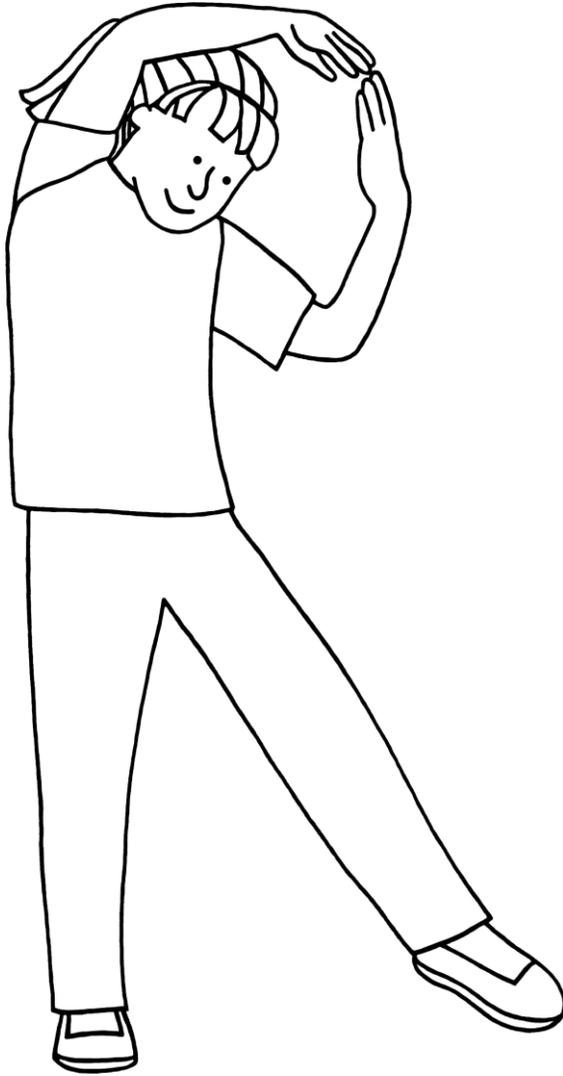
ABC



Body Formation Movement Cues: Students will sit on the floor with their legs crisscrossed. Students will curve their arms towards one knee. As the students form the letter Q, they will chant, “/q/, /q/, Q.”

Body Letter R

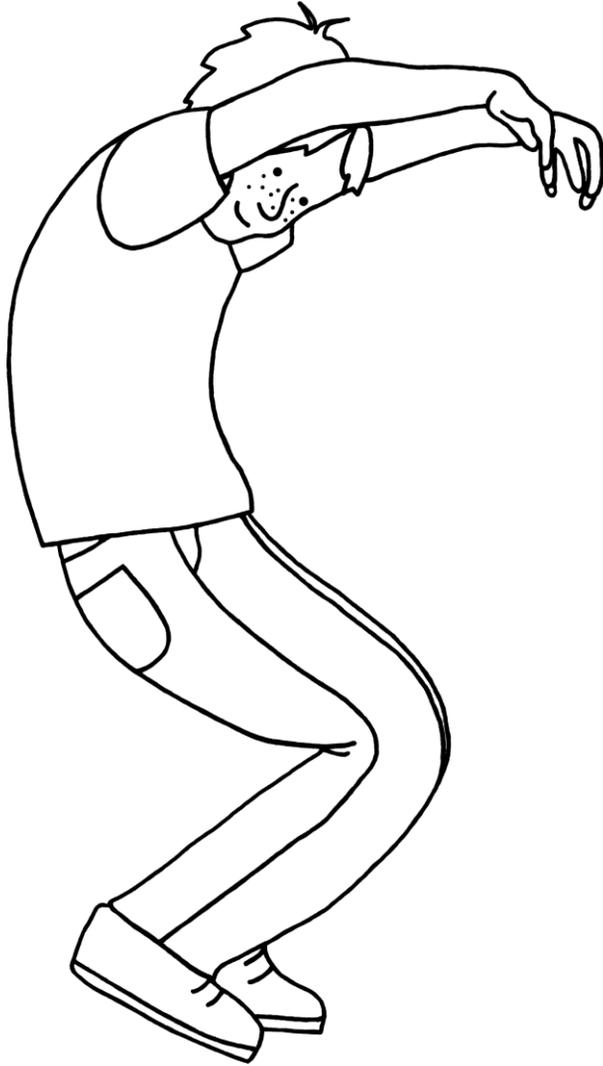
ABC



Body Formation Movement Cues: Students will stand with their backs slightly curved to one side. They will place one foot out to the side. Students will have both sets of fingers touching. As the students form the letter R, they will chant, “/r/, /r/, R.”

Body Letter S

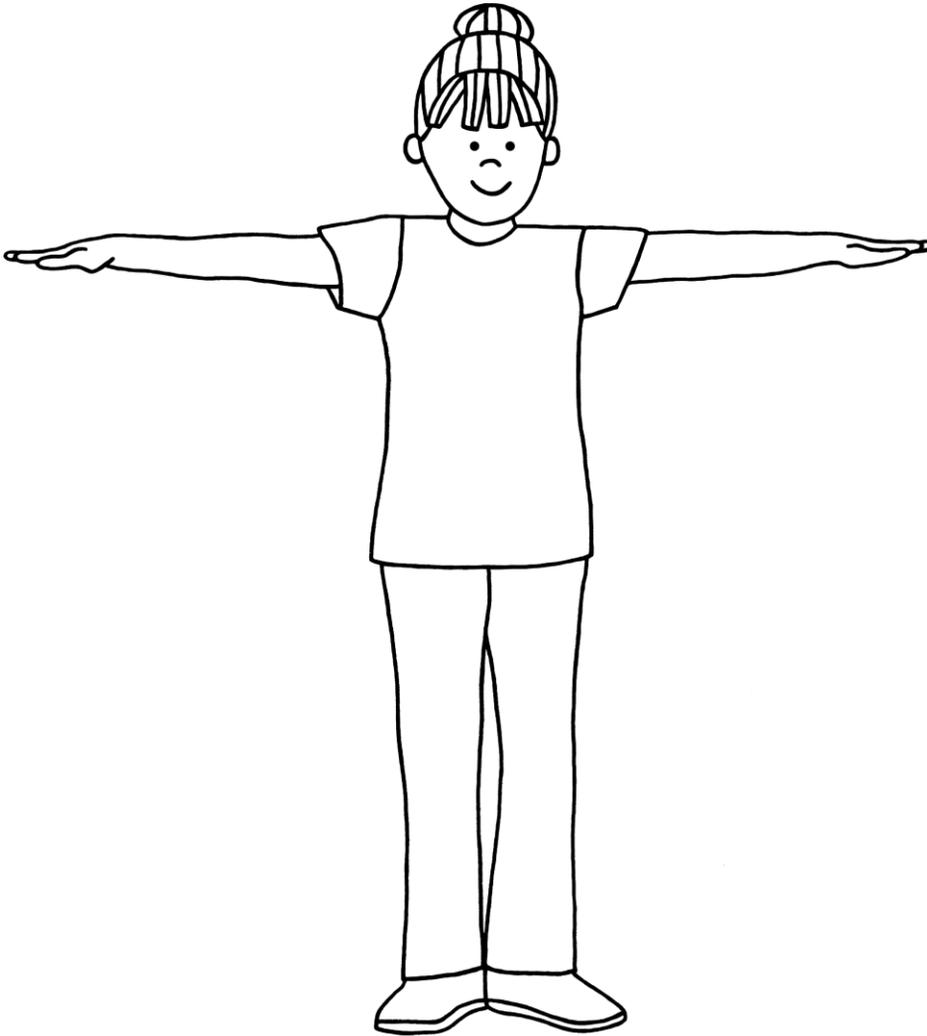
ABC



Body Formation Movement Cues: Students will stand with their legs curved and their arms curved. As the students form the letter S, they will chant, “/s/, /s/, S.”

Body Letter T

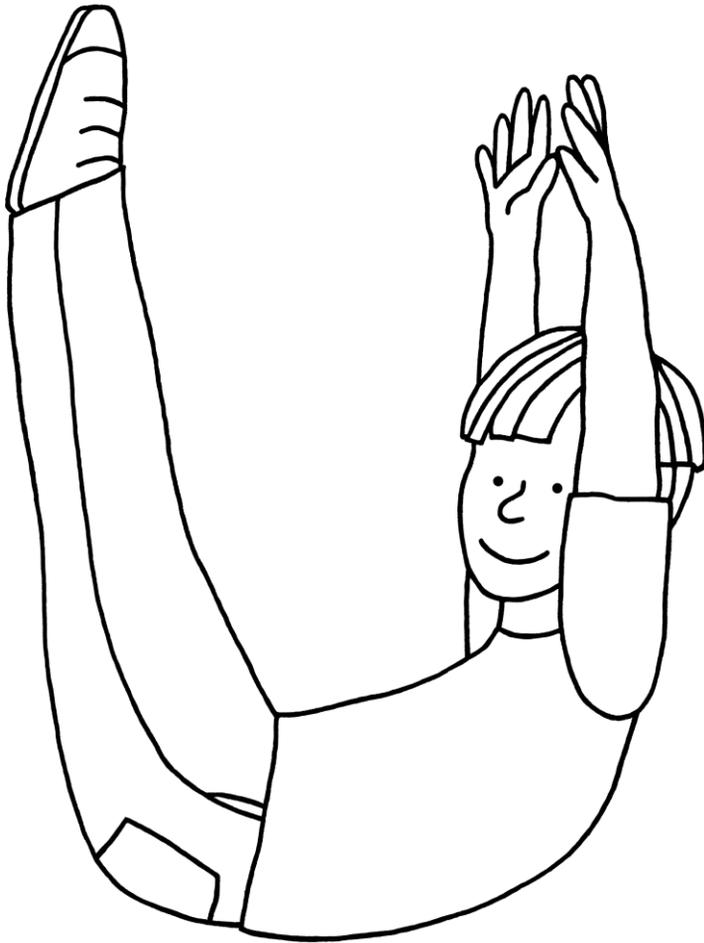
ABC



Body Formation Movement Cues: Students will stand tall and place their arms straight out to the side. As the students form the letter T, they will chant, “/t/, /t/, T.”

Body Letter U

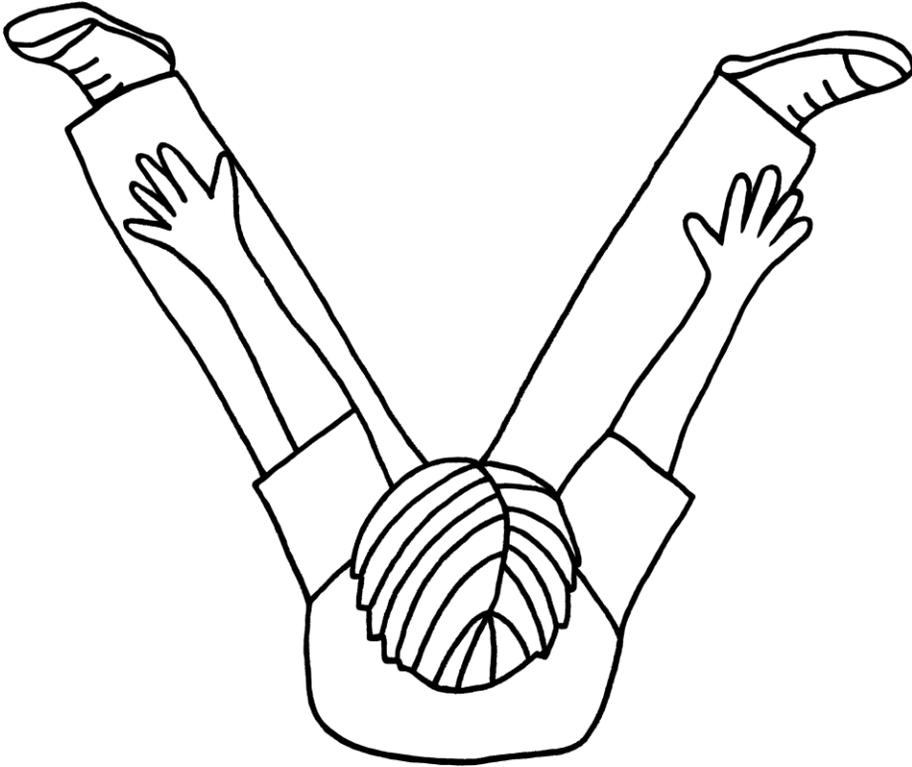
ABC



Body Formation Movement Cues: Students will lean back with their feet pointed towards the ceiling. Students will place their arms straight above their head. As the students form the letter U, they will chant, “/u/, /u/, U.”

Body Letter V

ABC



Body Formation Movement Cues: Students will lean back with their feet legs pointed towards each side of the room. As the students form the letter V, they will chant, “/v/, /v/, V.”

Body Letter W

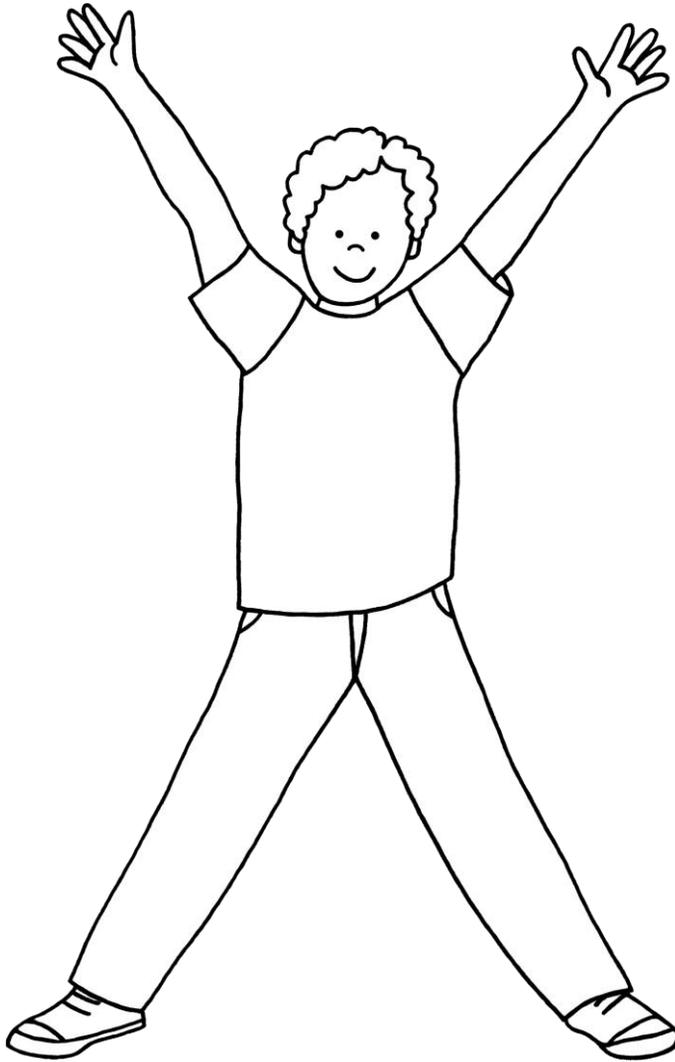
ABC



Body Formation Movement Cues: Students stand straight with their feet together. Students will place their arms out to each side with a slight bend in their elbows. As the students form the letter W, they will chant, “/w/, /w/, W.”

Body Letter X

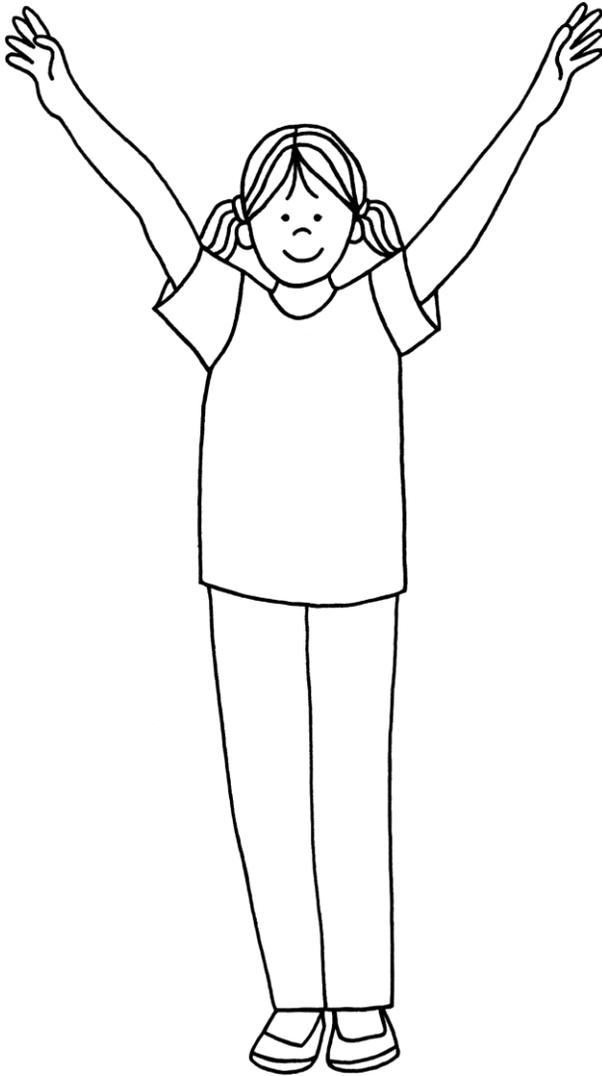
ABC



Body Formation Movement Cues: Students stand with their feet apart and arms stretched to the corners. As the students form the letter X, they will chant, “/x/, /x/, X.”

Body Letter Y

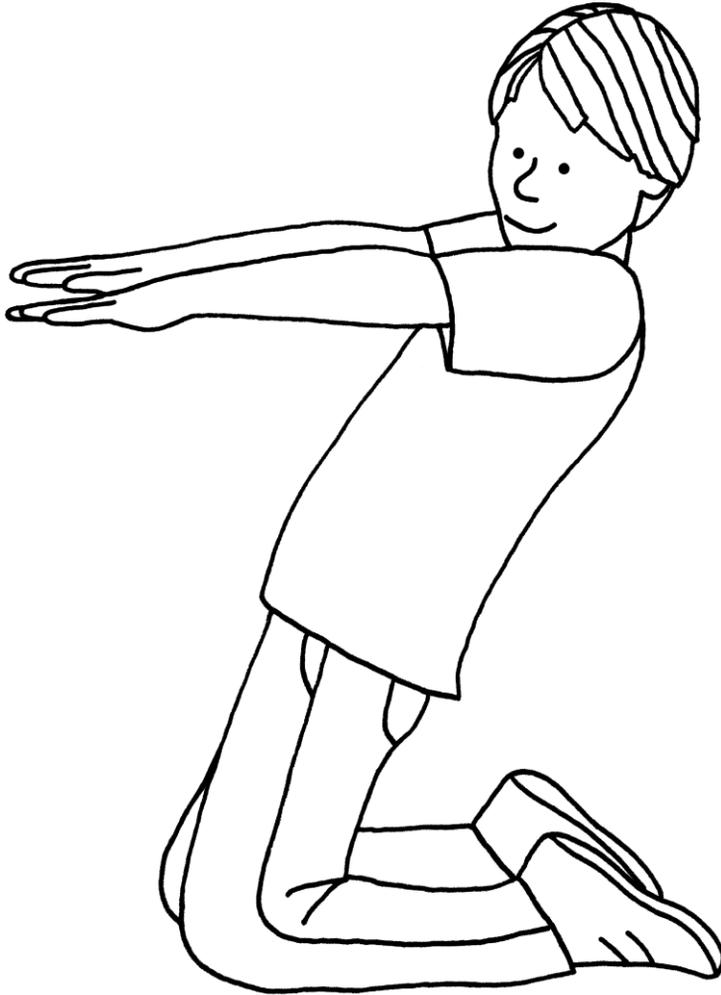
ABC



Body Formation Movement Cues: Students stand with their feet together and arms stretched to the corners. As the students form the letter Y, they will chant, “/y/, /y/, Y.”

Body Letter Z

ABC



Body Formation Movement Cues: Students will kneel with their back slightly arched and their arms stretched out in front of them. As the students form the letter Z, they will chant, “/z/, /z/, Z.”