



EarlyON Alphabet Exercise



A Arm Circles	G Giant Leap	M March	S Side Steps	Y Yawn Stretch
B Bunny Hop	H Hula Hoop	N Nose Wiggle	T Toe Touch	Z Zooming Airplane
C Chair Sit	I Inchworm	O One Foot Hop	U Under Over	
D Dinosaur Stomp	J Jumping Jacks	P Pony Gallop	V Victory Lap	
E Elephant Nose	K Knee to Elbow	Q Quick Break	W Water Break	
F Frog Hops	L Lunges	R Run	X Make an 'X' with your body	