

Stay at Home **ACTIVITY ALPHABET**

Try spelling your first name, your full name, your favorite color, or whatever words you can think of!

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| A | Jump up and down 10 times | N | Walk sideways for 20 steps, then hop back |
| B | Spin around in a circle 4 times | O | Do 7 jumping jacks |
| C | Reach for the sky for 14 seconds | P | Skip to the front door, then walk back |
| D | Create a "Thinking of you" card for a friend or family member | Q | Create a paper cactus and give it to someone as a gift |
| E | Run to the nearest door, then skip back | R | Stand perfectly still for 15 seconds |
| F | Flap your arms like a bird 16 times | S | Stretch your arms for 20 seconds |
| G | Do 5 push-ups | T | Dance like crazy for 10 seconds |
| H | Create a comic strip about you and your favorite cartoon character | U | Hop on one foot 5 times |
| I | Hop like a frog 8 times | V | Take a walk in your neighborhood and create a Found Object bracelet |
| J | Balance on one foot for a count of 13 | W | Put all your crayons in order of color, like a rainbow |
| K | Pretend to jump rope for a count of 20 | X | Crawl like a crab for a count of 10 |
| L | Take a walk in your neighborhood and do Neighborhood Walk BINGO | Y | Stretch your legs for 23 seconds |
| M | Bend down and touch your toes 18 times | Z | Do 3 cartwheels or 3 somersaults |