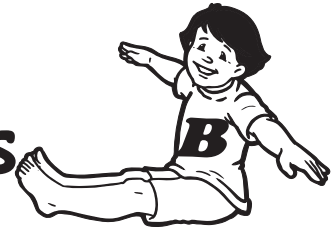




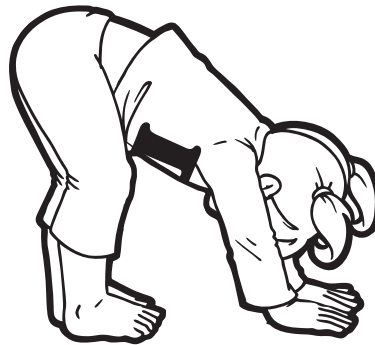
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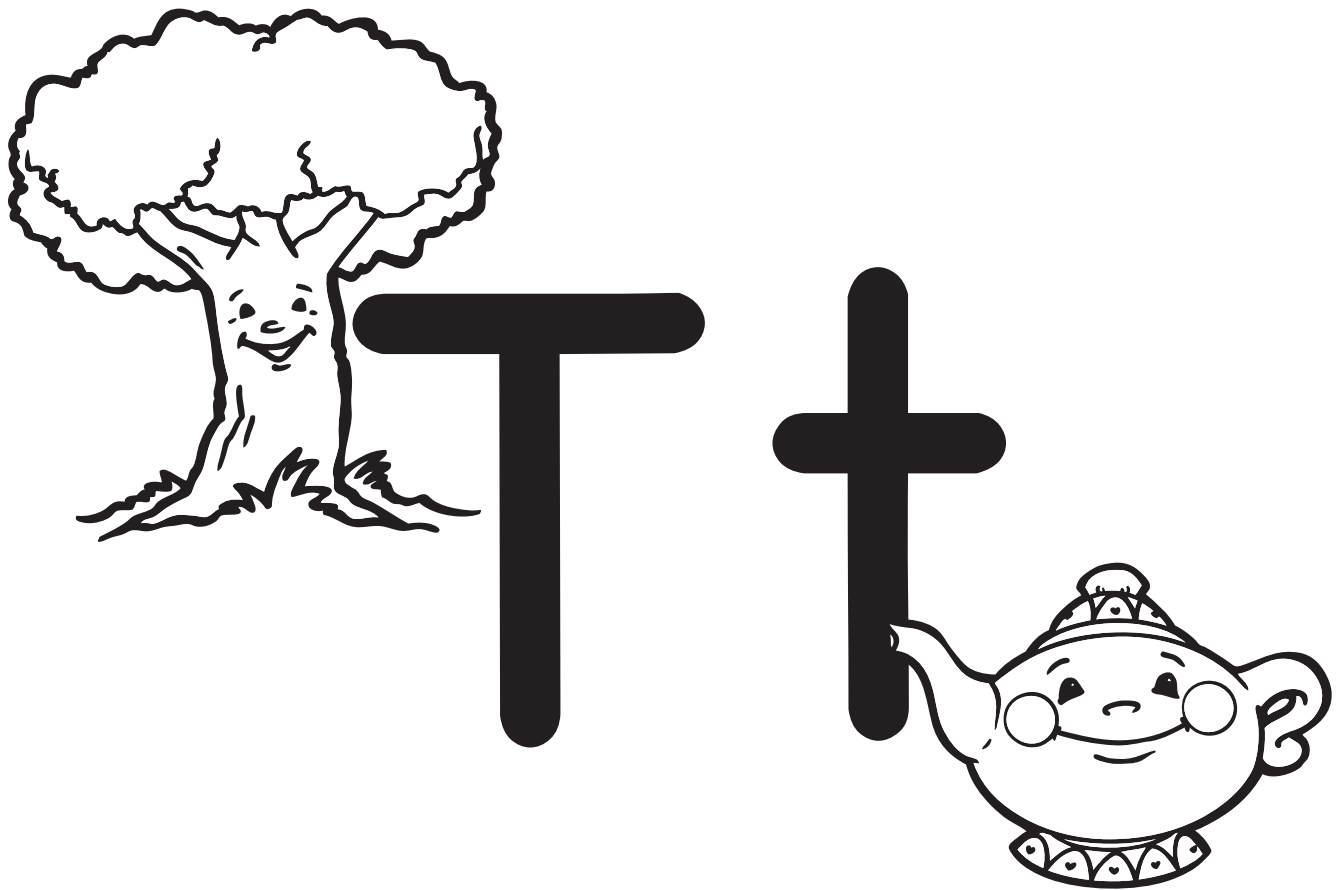


Introduction

Young children are full of energy! Here is a resource that will assist you, the teacher, in using all the natural energy that young children possess as a vehicle to learn and retain basic skills. *Movement Activities A–Z* was designed to provide your students with an innovative, hands-on, multi-sensory approach to learning the letters of the alphabet and their sounds. This book is based on the following premises:

- Movement is an integral part of brain development.
- Integrating movement into existing curriculum promotes exercise as a healthy habit, while at the same time helping to cement basic skills and phonemic information into memory.
- Learning activities should center around the development of the whole child and a variety of learning styles.
- Young children learn by doing. Children retain 70–100% of the information they are taught when they hear it, see it, say it, and, most importantly, do it! Participation in learning is key.
- Repetition and frequent review of skills are important. Children need repeated exposure to skills for better retention.
- Children are able to learn new material more easily and they remember it longer when learning is fun!





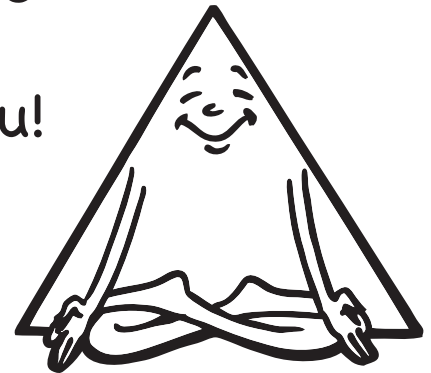
Learning the letter T can be lots of fun!

Let's try some movements, one by one!

T is for *tree*. T is for *triangle*, too!

T is for *teapot*. Look at you!

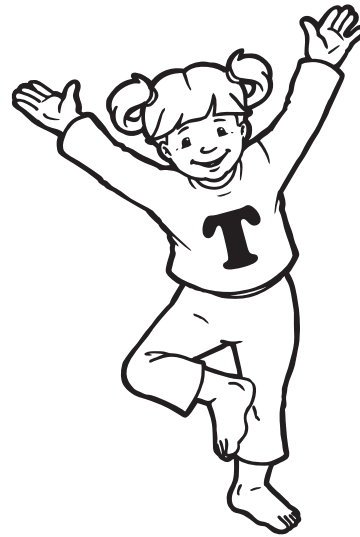
T says "t." Yes, it's true!



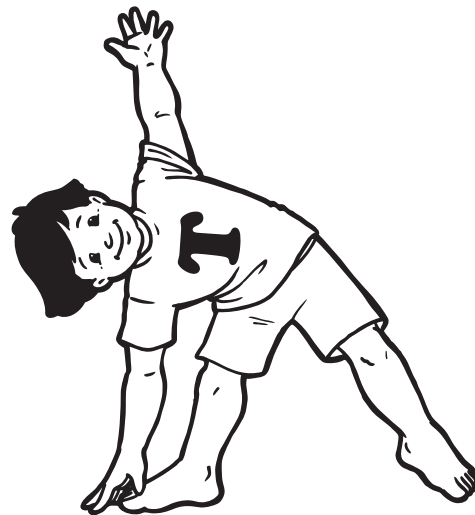
Now let's see what you can do!

Directions for the Letter T Poses**Tree**

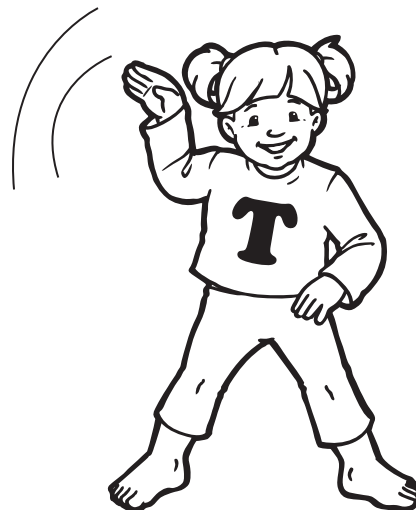
1. Stand up straight and tall.
2. Put your hands up over your head to look like tree branches.
3. Lift up one of your feet and put it on the other knee.

**Triangle**

1. Stand up with your legs spread apart.
2. Put your arms out to the sides.
3. Bend over to one side touching your hand to your foot.
4. Put the other arm up in the air, pointing to the sky.

**Teapot**

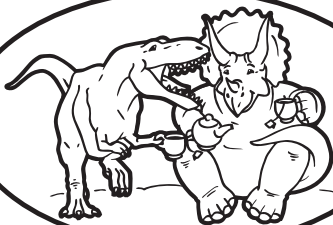
1. Stand up with your legs spread apart.
2. Bend one arm to make a handle for your teapot.
3. Put your other arm up with your hand bent to make the spout for your teapot.
4. Bend over, using the side that is the spout to pour out some tea.

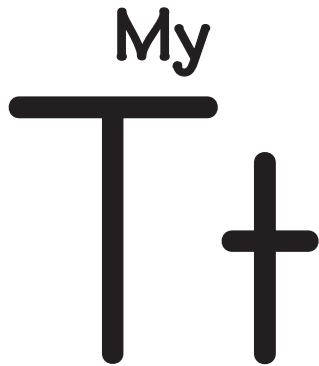


T

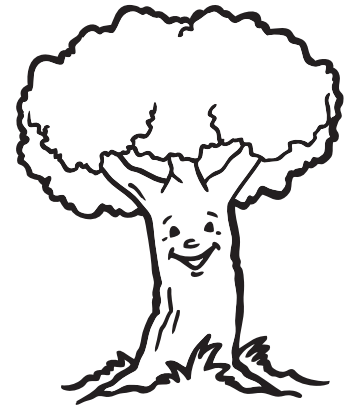
Travel Through Time

You are playing in your tree house when it starts to shake, spin, and fly through the air. Soon it lands, and you look out a tiny window. You have traveled through time, back to the age of the dinosaurs. You can see some dinosaurs that start with the sound of "t." You see a Triceratops and a Tyrannosaurus Rex. You are a little afraid, but you get out of your tree house anyway. You put out your hand to touch the dinosaurs. Whew! They are nice dinosaurs. They can talk, too! They invite you to tea. You spend the afternoon drinking tea together. No one is ever going to believe this! You get back into your tree house. It starts to move again. I wonder where you are going this time?



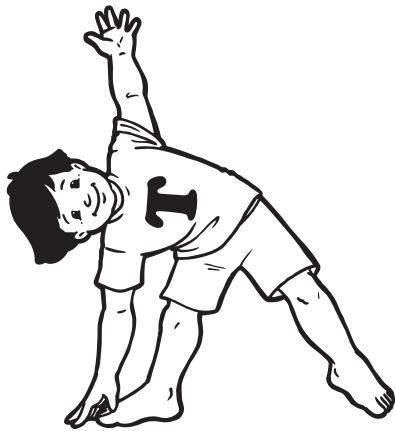


Movement Minibook



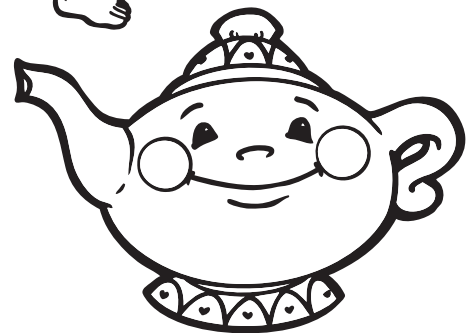
T is for tree.

1



T is for triangle.

2



T is for teapot.

3