

Name: _____

What's Your Name

Movement Activity



Find each letter in your name.

Complete each action to spell out your name.

A touch your toes

N reach up to the sky

B jump up

O squat down

C touch your ears

P touch your nose

D touch your shoulders

Q touch your knees



Preview
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H do a jumping jack

U hop like a frog

I pick up your right foot

V pick up your left foot

J roll your head in a circle

W march in place

K hop on your right foot

X hop on your left foot

L take 2 steps backward

Y take 2 steps forward

M slide to the left

Z slide to the right