Daily exercise fun with Chimp Shakespeare’s ABCs!

The following activities have been designed for children to exercise Alphabet Fitness at home, school, play or camp. Feel free to choose from any of the Alphabet Fitness Fonts located on the ‘Our Fitness Fonts’ dropdown menu for these activities.

• Be sure to choose activities appropriate for child’s level of motor ability.
• For fun and fitness vary these activities from week to week.

WARMUP ACTIVITIES WITH SAMPLE ACTIVITY TIMES:

• **Body muscle movements:** Slowly mimic curved, circular, straight and triangular shapes in your environment with your body to help stretch your different body muscles. (Added activities may be found in The Alphabet Fitness Guide available at www.alphabetfitness.org)  
  10 minutes

SAMPLE CHIMP SHAKESPEARE ALPHABET ACTIVITIES:

• Exercise letter fitness and fun by stretching in sync with the Chimps’ 26 letter characters.  
  5 – 30 minutes

• Gather friends and exercise each other’s initials, or initials of favorite people, teachers, friends, etc.  
  10 minutes

• **ALPHABET MATH™:**
  Add & subtract letters to make words.  
  \[ C + A + T = \text{CAT} ; \]
  \[ \text{CAT} - C = \text{AT} ; \text{H} + \text{AT} = \text{HAT} \]  
  15 minutes

• Exercise 220 most used words found in Chimp Shakespeare’s Activity Book (available at www.alphabetfitness.org)  
  20 minutes

• Make and exercise Chimp Word Walls of children’s names  
  15 minutes

• Create indoor-outdoor Alphabet fun runs  
  30 minutes

• Create pint-sized Chimp Shakespeare Spelling BEEs©  
  20 minutes

• Family fun: Make up fun chimp words & exercise together  
  20 minutes

• **PE HOMEWORK:** Do any of these activities at home.  
  20 minutes

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