

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=CAT; CAT-C=A+T; H+A+T=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**