Body ill-literacy and the ABCs

...Discovering how each child’s health is influenced by the 26 letters of the alphabet.
kids who read succeed

Literacy: Ability to use printed and written materials
A 2,000 year old communication tool used by 2/3rd of the world’s population
The paradox of literate societies is that they appear unaware of the potential side-effects of these 26 letters on the growing child’s body.

• Fine-motor, audio-visual alphabet tools were not designed for young children who learn best through playful muscle imitation and kinesthetic activities. Their mostly sedentary, fine-motor, rote training can unintentionally foster physical, cognitive, emotional, and communication disorders when they are not balanced by adequate amounts of daily, gross motor, cross lateral activity.
What is the cumulative effect of over-dependence on fine motor, audio-visually educated literacy skills on the developing body and future health of children?

Why is it increasingly important for child educators to more fully engage the child's whole body into her/his early language learning experiences; to get kids body-fit for learning; and to build a new platform for alphabet literacy?

Your role as Early Child Educators:
By preventing the development of the unhealthy side-effects of literacy education, you are uniquely positioned to foster the long-term healthy development of literacy and the child!

Body Illiteracy and the ABCs
-Addressing the need for whole-body Alphabet education through more anatomical ABCs designed just for kids!
As an antidote, Alphabet Fitness turns the 26 letters of the alphabet into a more physically active, tangible & child-friendly learning tool that personalizes the ABCs.
Alphabet Fitness’ s anatomical body fonts and Alphabet WorkOuts integrate whole brain whole body, X-lateral movements into the ABCs.

Body letters make invisible letter sounds visible. Kids become engaged learners who listen when their bodies talk.
For Preschool-K children, we recommend Chimp Shakespeare’s play alphabet program

1. Piloting has shown that young children love animals and the mystery of the non-verbal chimps teaching them their ABCs.
2. The chimps are gender neutral and promote inclusion.
3. Chimps have gross motor movements similar to this age group of young children. Their font provides a fun body language for kids. Note: body language is the child’s first language, starting in utero.
4. Synchronicity: Moving in and out of letters in sync with the playful chimps and classmates helps children relax, feel accepted, become learning ready, more verbally, physically and emotionally expressive, creative self thinkers, and imaginative storytellers.

"Language is acquired by understanding messages in a low-anxiety situation"
Ray Kurzweil
Goals & Benefits: Building a new platform for alphabet literacy

When children physically BECOME the 26 letters of their alphabet:

• Kids become body literate, receptive, engaged learners; able to more physically sense the meaning of their words
• Kids recognize the way different words effect their OWN body/emotions/ feelings
• Kids recognize the way words effect Their Playmates
• Kids develop a spirit of cooperation as they need each other to make words.
• Kids prep their bodies for SPORT
• Kids use as an ice-breaker for new students/ ELL/ early bully prevention
• Kids exercise common core curriculum words into their body’s gross & fine motor memory!
• Kids become greater communicators/future public speakers

TEACHERS get to:
• Exercise their own bodies along with their kids
• Release stress buildup
• Bond with their students
• Become healthy role models
• Engages children of varying motor skills and levels of English proficiency
• Insert core curriculum learning in an active, fun manner
• Build team learning skills in students
• Prep kids for novel spelling bee!
• Meet EEC licensing regs

Article of interest:
http://www.jstart.org/site/DocServer/America_s_Early_Childhood_Literacy_Gap.pdf?docID=3923
G
H
9
VARIETY OF PLAYFUL APPLICATIONS

Do typing box to teach

Chimp yoga
Chimp chatter if time allows
Exercise 26 letters per day

• By doing daily letter Work Outs your vocabulary grows!

• As your vocabulary grows your body gets fitter!

___626_____ 2 letter combinations
__17,576 ____ 3 letter combinations
_456,976____ 4 letter combinations
11,881,376___ 5 letter combinations
BODY AWARENESS
Notice which body parts stretch while exercising each of the 26 letters with the chimps:

Hand
Shoulder
Arm
Triceps
Biceps
Head (blood flow)
Face (smile)
Lungs (breathing/O2)
Chest (diaphragm movement)
Abs (Abdominal)
Back
Foot
Knee
Leg
Buttocks
Glutes (gluteus)
Hamstrings
TEACHER BEES
Alphabet Fitness mini-marathon run

Fitness Fair
WORD WALL WORKOUTS!

FOR

BODY EXERCISE &
TEAM SPELLING
Right Side Letters
FKPBRS

Sitting letters
LCER

Left Side letters
NZIA

Back letters
UWW

Buddy letters
DGHMU

Mirror Letters
OXY
BODY LITERACY ROUTINE:
1. Speak word
2. Describe word
3. Body spell word
4. Name & sound out each letter;
5. Identify which muscles you feel being stretched
6. Act out word
7. Switch body letters
8. Repeat #1-6
9. Change speed and tone of word
10. Use during day for more exercise and vocabulary reinforcement
Let each child create a Chimpanese nickname!

CHARLIE
M O M
FUN
CAT
RUN

RUN

RUN
STOP

STOP

STOP

(POTS)
Creating a common body language through movement for all kids
FRUIT
MILK

LECHE
CAT
C + AT = CAT
CAT + C = AT

ATE
AT + E = ATE
ATE - E = AT

HAT
H + AT = HAT
HAT - H = AT
Refrigerator Bee Weekly WorkOuts

<table>
<thead>
<tr>
<th>veggies</th>
<th>veggies</th>
<th>apple</th>
<th>apple</th>
<th>corn</th>
<th>corn</th>
</tr>
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<tbody>
<tr>
<td>potato</td>
<td>potato</td>
<td>banana</td>
<td>banana</td>
<td>carrots</td>
<td>carrots</td>
</tr>
<tr>
<td>okra</td>
<td>okra</td>
<td>orange</td>
<td>orange</td>
<td>taro</td>
<td>taro</td>
</tr>
<tr>
<td>pork</td>
<td>pork</td>
<td>grape</td>
<td>grape</td>
<td>kale</td>
<td>kale</td>
</tr>
<tr>
<td>tofu</td>
<td>tofu</td>
<td>berries</td>
<td>berries</td>
<td>potatoes</td>
<td>potatoes</td>
</tr>
<tr>
<td>yogurt</td>
<td>yogurt</td>
<td>mango</td>
<td>mango</td>
<td>bread</td>
<td>bread</td>
</tr>
<tr>
<td>fruit</td>
<td>fruit</td>
<td>papaya</td>
<td>papaya</td>
<td>pasta</td>
<td>pasta</td>
</tr>
<tr>
<td>yucca</td>
<td>yucca</td>
<td>fish</td>
<td>fish</td>
<td>cereal</td>
<td>cereal</td>
</tr>
<tr>
<td>milk</td>
<td>milk</td>
<td>meat</td>
<td>meat</td>
<td>grains</td>
<td>grains</td>
</tr>
<tr>
<td>eggs</td>
<td>eggs</td>
<td>poultry</td>
<td>poultry</td>
<td>wheat</td>
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</tr>
<tr>
<td>cheese</td>
<td>cheese</td>
<td>nuts</td>
<td>nuts</td>
<td>tortilla</td>
<td>tortilla</td>
</tr>
<tr>
<td></td>
<td></td>
<td>beans</td>
<td>beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>rice</td>
<td>rice</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Words cast their letters' spell over our body.
To build healthy bodies and prevent obesity, learn to cast a nutritious spell.
1) Print out and post this menu of nutritious food words on your refrigerator
2) To eat and spell well, slowly exercise each word with your body until you spell it correctly. (Each word exercised = 3 points)
3) Share the words with your family. Email them to your friends. The one who earns 100 points first win the Refrigerator Bee.
4) Create more food words and repeat.
Words condition emotional responses, which in turn influence our body chemistry.

**The Nature of Children’s Words**

Children grow into the nature of their words

**Healthy Word Diary**

<table>
<thead>
<tr>
<th>Spell these words</th>
<th>Dis-spell these words</th>
</tr>
</thead>
<tbody>
<tr>
<td>Musical words</td>
<td>Unkind words</td>
</tr>
<tr>
<td>Playful words</td>
<td>Nasty words</td>
</tr>
<tr>
<td>Love words</td>
<td>Thoughtless words</td>
</tr>
<tr>
<td>Nature words</td>
<td>Negative words</td>
</tr>
<tr>
<td>Flower words</td>
<td>Arrogant words</td>
</tr>
<tr>
<td>Thoughtful words</td>
<td>Harsh words</td>
</tr>
<tr>
<td>Questioning words</td>
<td>Unhealthy words</td>
</tr>
<tr>
<td>Magical words</td>
<td>Controlling words</td>
</tr>
<tr>
<td>Name words</td>
<td>Manipulative words</td>
</tr>
<tr>
<td>Healthy food words</td>
<td>Angry words</td>
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<tr>
<td>Textured words</td>
<td>Worrisome words</td>
</tr>
<tr>
<td>Fragrant words</td>
<td>Tasteless words</td>
</tr>
<tr>
<td>Color filled words</td>
<td>Loud words</td>
</tr>
</tbody>
</table>

Get your friends & spell your daily words out with your body!

Words condition emotional responses, which in turn influence our body chemistry.
## SAMPLE ALPHABET FITNESS
### ACTIVITY LOG SHEET

<table>
<thead>
<tr>
<th>Participant Name:</th>
<th>Date Started:</th>
<th>Date Completed:</th>
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<tbody>
<tr>
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<table>
<thead>
<tr>
<th>Week 1</th>
<th>Activities</th>
<th># of Minutes or Pedometer Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Introduce kids to Alphabet Yoga</td>
<td>20</td>
</tr>
<tr>
<td>Mon</td>
<td>(Print out letters as 8x11 flash cards)</td>
<td></td>
</tr>
<tr>
<td>Tues</td>
<td>Exercise letters A - H</td>
<td>20</td>
</tr>
<tr>
<td>Wed</td>
<td>Exercise I - P</td>
<td>20</td>
</tr>
<tr>
<td>Thurs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week’s total:</td>
<td>60</td>
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</table>

<table>
<thead>
<tr>
<th>Week 2</th>
<th>Activities</th>
<th># of Minutes or Pedometer Steps</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Exercise Q - Z</td>
<td>20</td>
</tr>
<tr>
<td>Tues</td>
<td>Exercise all sit down letters</td>
<td>20</td>
</tr>
<tr>
<td>Wed</td>
<td>C,E,G,J,L,N,Q,S,U,V,W,Z</td>
<td>20</td>
</tr>
<tr>
<td>Thurs</td>
<td>Exercise all stand up letters and letter buddies</td>
<td>20</td>
</tr>
<tr>
<td>Sat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week’s total:</td>
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<table>
<thead>
<tr>
<th>Week 3</th>
<th>Activities</th>
<th># of Minutes or Pedometer Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Do children’s initials</td>
<td>20</td>
</tr>
<tr>
<td>Tues</td>
<td>Do arm WorkOut letters</td>
<td>20</td>
</tr>
<tr>
<td>Wed</td>
<td>Do leg WorkOut letters</td>
<td>20</td>
</tr>
<tr>
<td>Thurs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week’s total:</td>
<td>60</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 4</th>
<th>Activities</th>
<th># of Minutes or Pedometer Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Do AF Team spelling bees™</td>
<td>20</td>
</tr>
<tr>
<td>Tues</td>
<td>i.e. kids take turns teaming up to spell out it, to, go, fun, mom, etc. with their bodies</td>
<td>20</td>
</tr>
<tr>
<td>Wed</td>
<td>Print out simple Word Wall</td>
<td>20</td>
</tr>
<tr>
<td>Thurs</td>
<td>WorkOuts™ for the kids to exercise. Copy &amp; send home.</td>
<td>20</td>
</tr>
<tr>
<td>Fri</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week’s total:</td>
<td>60</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Participant Signature</th>
<th>Date</th>
<th>Participant Signature</th>
<th>Date</th>
</tr>
</thead>
</table>
Wellness Programs (Alphabet Fitness & Yogacise) help child care providers comply with the following Sections of EEC’s 2010 licensing regulations:

7.05 Interactions Among Educators and Children.
The following requirements apply to all programs, including family child care, small group and school age and large group and school age child care:
1. Educators must be responsive to children’s individual needs and support the development of self-esteem, self-expression, autonomy, social competence, and school readiness.
2. Recognizing signs of stress in children’s behavior and responding with appropriate stress-reducing activities.
3. Educators must support children in the development of social competence by interactions among educators and children:
   (a) promoting interaction and language use among children and between children and adults by talking to and with children frequently
   (b) encouraging children to share experiences and ideas
   (c) modeling cooperation, problem-solving strategies and responsible behavior for children
   (d) assisting children in learning social skills such as sharing, taking turns, and working together
   (e) encouraging children to listen to, help, and support each other
   (f) helping children to understand and respect people different from themselves
   (g) helping children to learn affective ways to deal with bullying, teasing, or other forms of intolerance.
4. Educators must have a method of communicating effectively with each child.

7.06 Curriculum and Progress Reports.
The following requirements apply to all programs, including family child care, small group and school age and large group and school age child care.
1. Curriculum
   (a) The licensee must provide a well-balanced curriculum of specific, planned learning experiences that support the social, emotional, physical, intellectual and language development of all children. The curriculum must:
      1. be developmentally and linguistically appropriate
      2. support school readiness and/or educational development.
   4. Include goals for the knowledge and skills to be acquired by children in the areas of English language arts...
   (b) The licensee must have evidence of a plan describing how program activities support and engage children through specific learning experiences. Such plan must be appropriate to the ages and development of the children served, to the length of the program day and to the program objectives. As appropriate, children must participate in the development of the plan, and the plan must provide for:
      3. Opportunities for children to participate in a variety of creative activities, such as art, music, literature, dramatic play and science, encouraging exploration, experimentation and discovery
      4. Daily indoor and outdoor time periods, weather permitting, which include both small and large muscle activities
      5. At least 60 minutes of physical activity in full day programs
      6. Opportunities for children of all ages to interact with peers and adults to develop competence in verbal and nonverbal communication by responding to questions; communicating needs, thoughts, and experiences; and describing things and events.

7.09 Educator Qualifications & Development
1. Professional Development. Educators in family child care must complete ten hours of professional development activities per year. At least one third of the required professional development must address diverse learners.
The White House hereby presents this

PRESIDENT’S CHALLENGE AWARD

to _____________________for having successfully completed
the requirements of the President’s Active Lifestyle Award (PALA)
through Alphabet Fitness® activities.

We thank you for your part in creating a healthy, vital nation.

_________________________
Michelle Obama, First Lady

Date
I like playing with the new kids on the block!
To grow, read, write, spell, and be well, Alphabet Fitness invites all kids to
1. Exercise anatomically-linked ABCs
2. Practice playful Alphabet WorkOuts

For your free Chimpanese® font email kvoght@alphabetfitness.org