

**Now YOU
DO IT!**



A Book to Teach You the How-To of Alphabet Fitness®

Now YOU Do It!

by Chimp Shakespeare®

Alphabet Fitness® Books
Wellness, Inc.
Brookline, MA

alphabetfitness.org

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Dear Readers:

FACT: 85% of young children learn through physical imitation.

This Alphabet Fitness® *Now YOU Do It* book is a playful approach to gross-motor imitation learning that lets both you and your little ones

- build a physically healthy association to the letters of the alphabet
- discipline your bodies to be active in a VERY fun way
- link daily movement to language for a lifetime of fitness
- practice bonding, social interaction and cooperation
- know and love letters, and the words they build
- begin to sense how words impact who we become

PREP TIME:

- Set aside fun time for exercising *Now YOU Do It*.
- Give the children your full attention.
- Choose a warm, comfortable space.
- Play quiet, simple background music if you like (no words – just instruments).
- Have water available for anyone who gets thirsty.
- Take off everyone’s shoes where possible.

Let the children know that you are going to “exercise” your bodies as you read this fun book. Then, do a little WARM UP together:

- SMILE wide,
- STRETCH your arms way, way up in the air,
- WIGGLE your legs,
- WIGGLE your toes,
- WIGGLE your NOSE, and
- BREATHE calmly and comfortably.

OK, now you are ready to open *Now YOU Do It*!

- Assist the children in posing like the Chimp letters (coming “close” to the pose is fine).
- Be sure that the children’s bodies are going in the correct reading/writing direction.
- Say the letter / make the sound of the letter with the children.
- Be the child’s letter pal for those letters that need two people. (Children can be letter pals to each other also.)

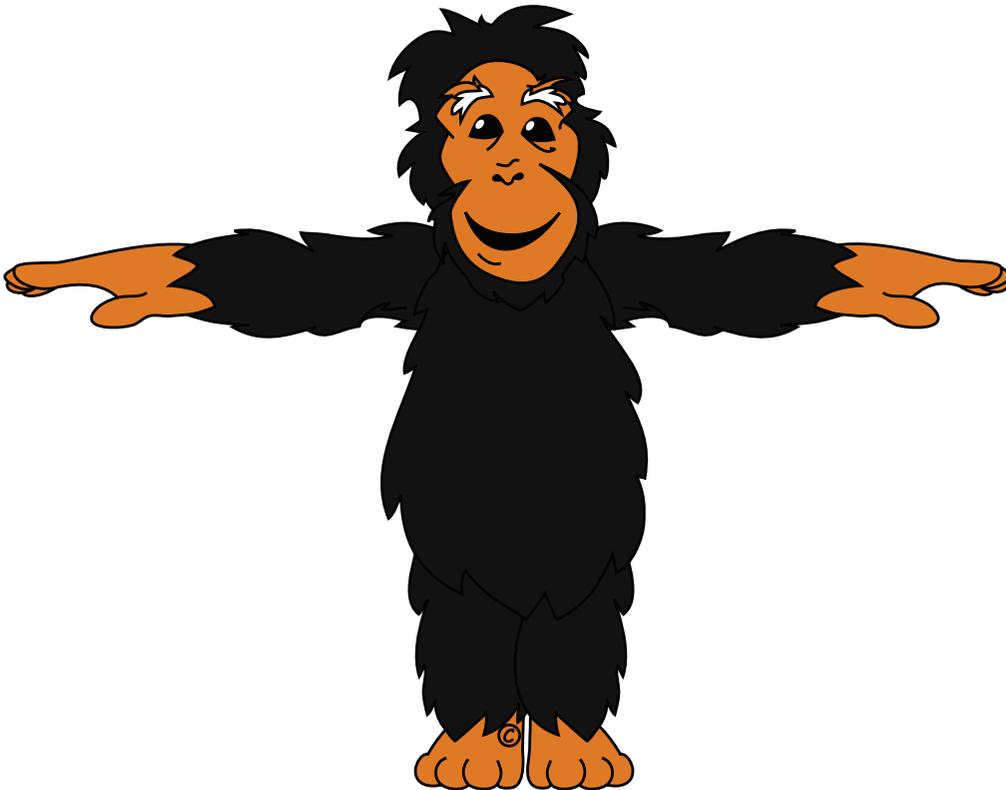
Once the children have learned the letter poses, you can:

- Have them hold the pose of the letter(s), strengthening muscles and gaining eye-hand and feet coordination.
- Ask how your children’s muscles feel while in the letter pose. Enjoy their responses!

Have fun sharing time and exercising with your children – playing and learning together with body, mind and spirit!

Hi Kids!

I am Shakespeare, the Chimp and I am ready to show you how to make the letters of the alphabet with your body! I will make each letter with my body, then YOU do it just like me! YOU can do it!



Let's go! The first
letter of the alphabet is **A**.
Put one hand on the floor, feel
your bottom go up! See how I do
it. Now YOU do it!





Curve your
arms and one leg for
the letter **B**.
Now YOU do it!

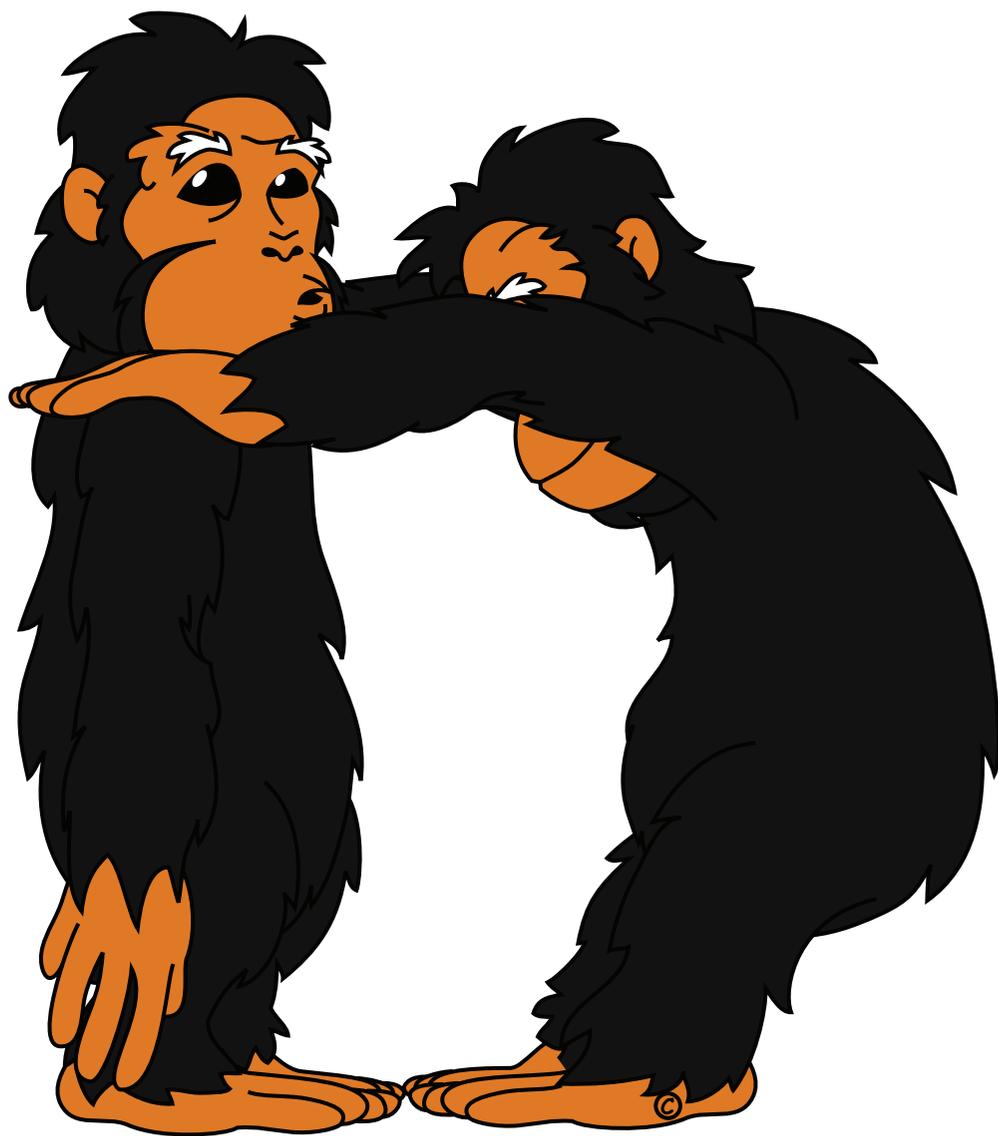


Sit down, arms up,
and hands pointed
down for letter C.
Now YOU do it!



Some
letters you make with
two people. I am making the
letter **D** with my chimp pal.
Letter pals put their hands on
your shoulders. OK, now
you find a letter pal and
YOU BOTH do it!





Sit down again
for letter **E**. See my
arms straight out?
Now YOU do it!

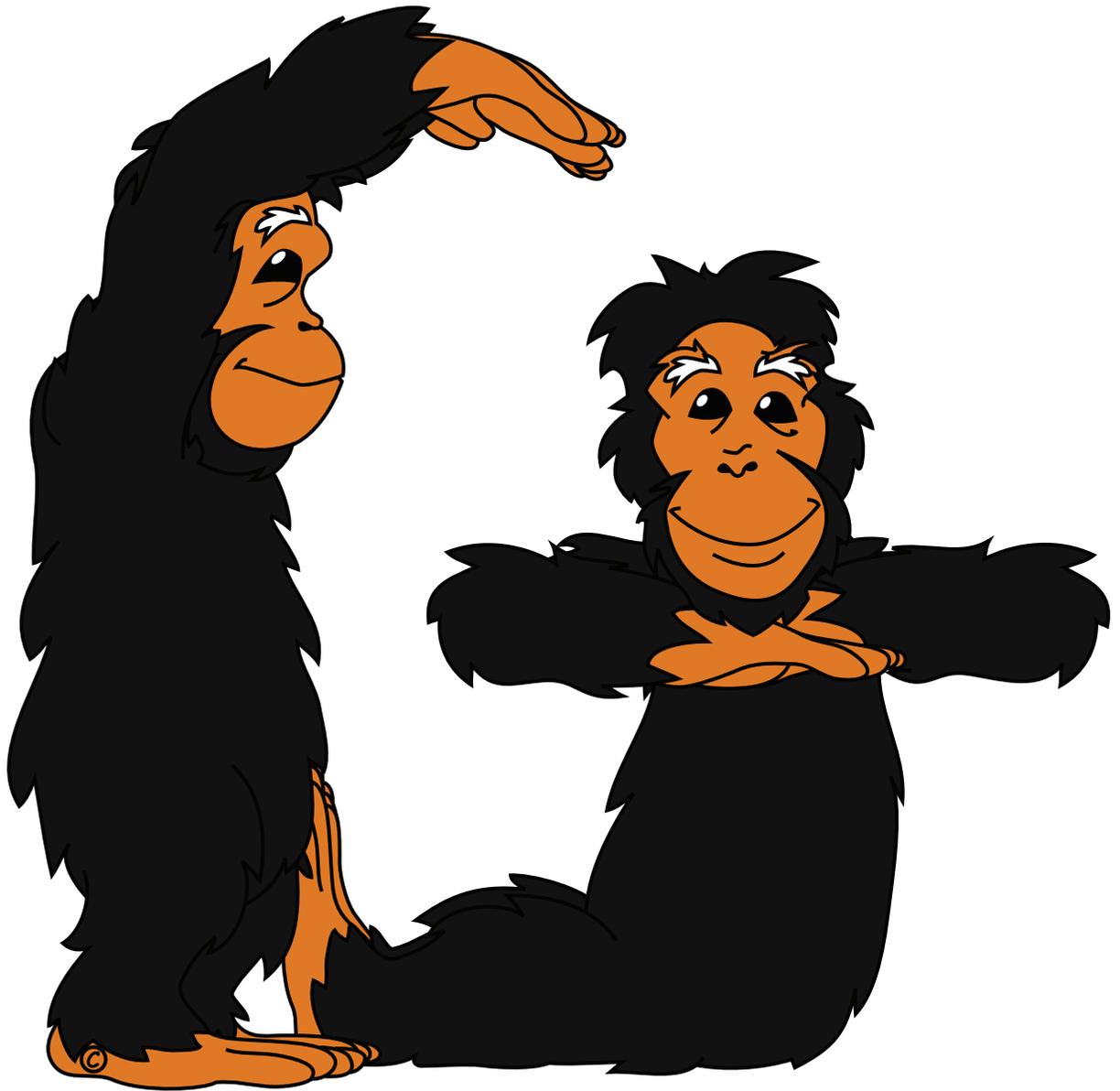


Stand tall for
the letter **F**. Arms
out like the letter E.
Now YOU do it!



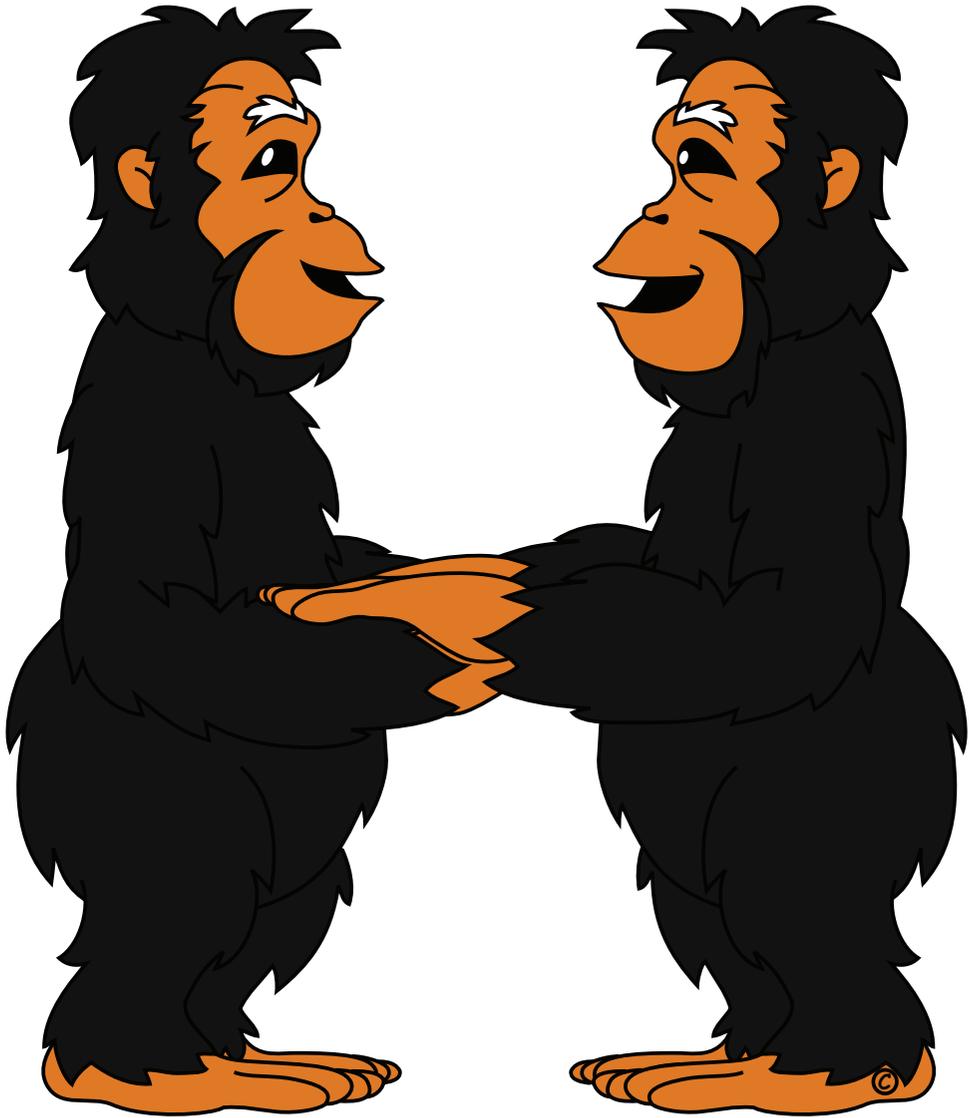
Just look at how my
chimp pal and I stretch into
the letter **G**. Take your time.
Now YOU do it with your pal!





Here is letter **H**.
Yes, you need a pal
for **H** too! Put your arms
together and stand tall!
Now YOU BOTH do it!





I stretch tall
for the letter **I**.
Now YOU do it!



Sit down and
curve your whole body
for the letter J.
Now YOU do it!



I am making
letter **K**. Straight arm
up, straight leg out.
Now YOU do it!



Sit up straight.
Stretch legs out
for letter **L**.
Now YOU do it!



Here is another letter
to do with a letter pal.
Letter **M**. Bottoms up!
Heads down!
Now YOU BOTH do it!

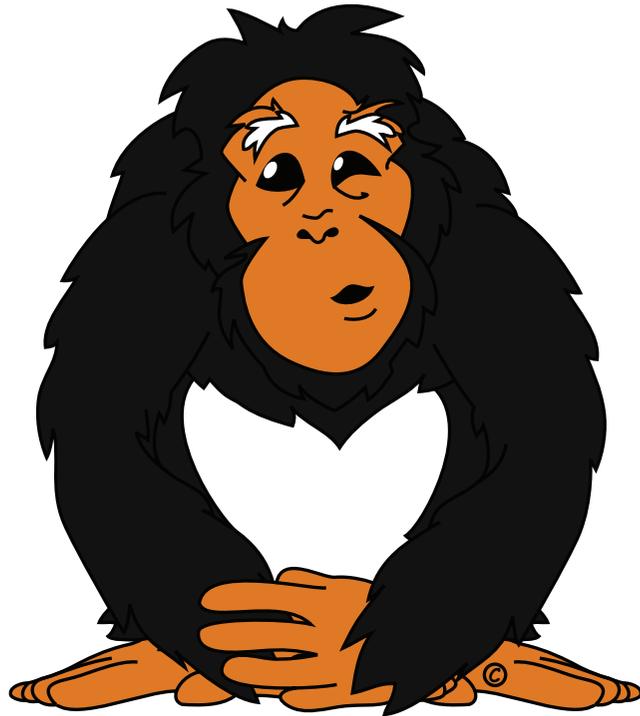




Let's sit down
and raise our knees
up for letter **N**.
Now YOU do it!



Use your
arms to make a big
circle in front of you
for the letter **O**.
Now YOU do it!



Now YOU do
the letter **P**. Stand
tall and stretch your
arms into a circle!



I sit down and
hold my toes on one
foot for letter **Q**.
Now YOU do it!



Here is
the letter **R**. I make a
circle with my arms and
stretch one leg out.
Now YOU do it!

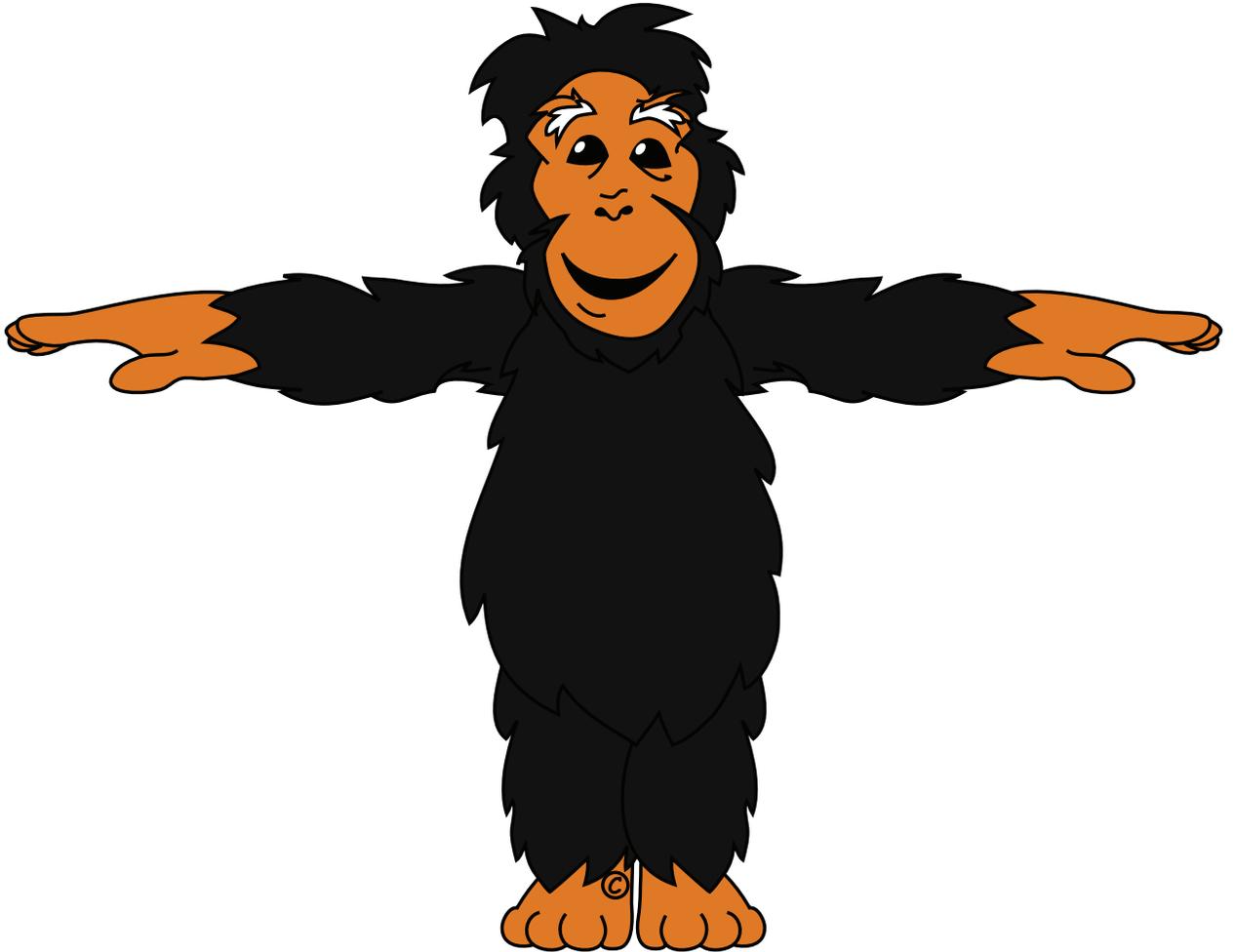


Here is
curvy letter **S**.
Kneel down and stick
your belly out like me!
Now YOU do it!



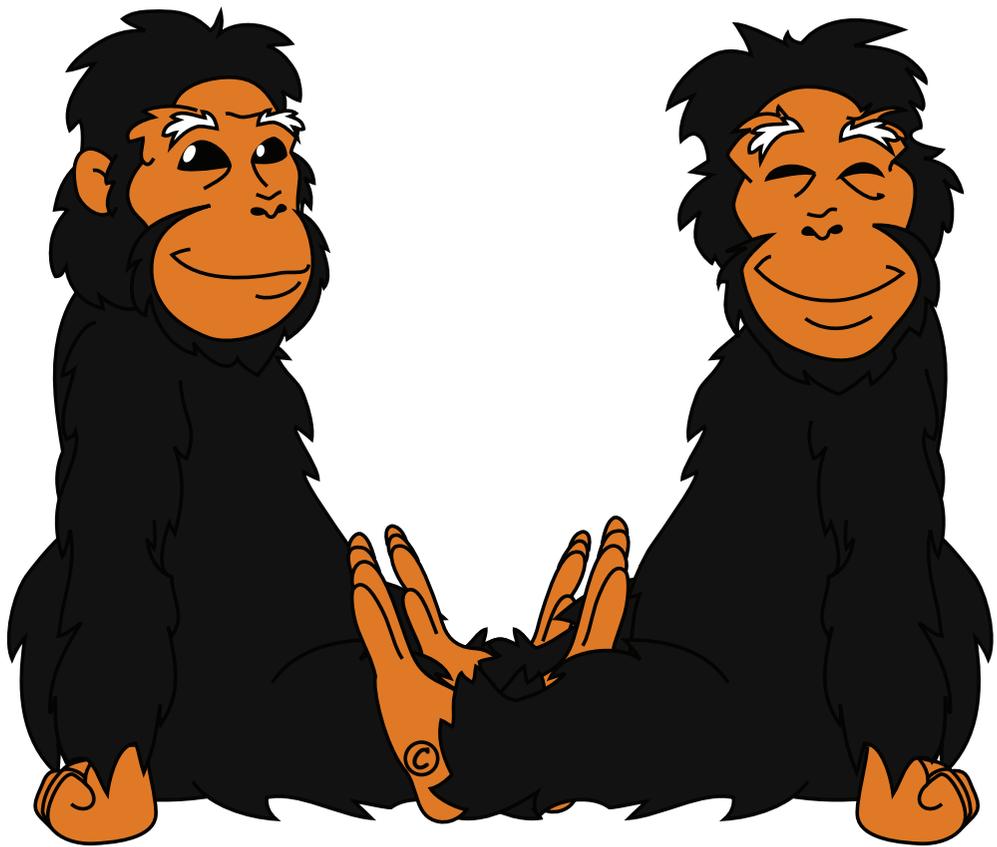
Arms out, stand up tall,
feet together! Letter **T** is easy!
Now YOU do it!





One more letter with a
letter pal. The letter **U**! It's fun
to put your feet together. Now **YOU**
and your letter pal do it!





I am on my
back for the letter **V**.
Arms and legs stretch
up and out! Now
YOU do it!



On your back
again for letter **W**.
Arms straight up and
legs out wide. Now
YOU do it!



Stand tall,
chin up, and stretch
your arms and legs
way out for ✕. Now
YOU do it!

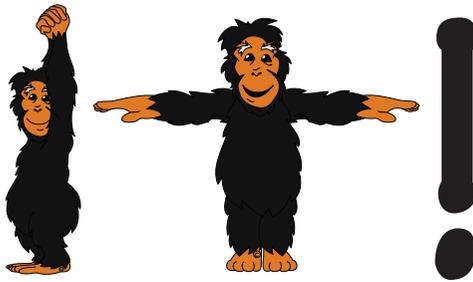
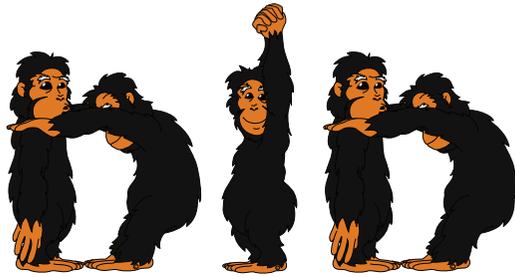
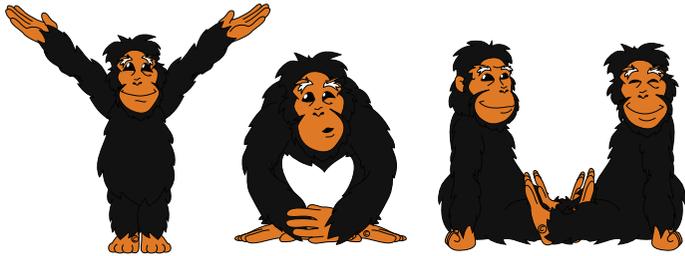


Put your legs
together and hands
up high for letter Y.
Now YOU do it!



The last
letter is **Z**. On your
knees, leaning back, with
arms stretched out.
Now YOU do it!





"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." –Plato



Chimp Shakespeare's Play Alphabet

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Ages 3-7

For more Chimp Shakespeare font fun, go to www.alphabetfitness.org