



# EarlyON Alphabet Exercise



<b>A</b> Arm Circles	<b>G</b> Giant Leap	<b>M</b> March	<b>S</b> Side Steps	<b>Y</b> Yawn Stretch
<b>B</b> Bunny Hop	<b>H</b> Hula Hoop	<b>N</b> Nose Wiggle	<b>T</b> Toe Touch	<b>Z</b> Zooming Airplane
<b>C</b> Chair Sit	<b>I</b> Inchworm	<b>O</b> One Foot Hop	<b>U</b> Under Over	
<b>D</b> Dinosaur Stomp	<b>J</b> Jumping Jacks	<b>P</b> Pony Gallop	<b>V</b> Victory Lap	
<b>E</b> Elephant Nose	<b>K</b> Knee to Elbow	<b>Q</b> Quick Break	<b>W</b> Water Break	
<b>F</b> Frog Hops	<b>L</b> Lunges	<b>R</b> Run	<b>X</b> Make an 'X' with your body	