

Act Like the Alphabet

- A - Alligator
- B - Bend at the knees
- C - Chair pose
- D - Dance
- E - Elephant steps
- F - Fly like a bird
- G - Gallop
- H - Hugs
- I - Itsy bitsy steps
- J - Jump
- K - Kick
- L - Leg lifts
- M - March
- N - Noisy steps
- O - Open and shut arms
- P - Popcorn
- Q - Quiet hops
- R - Run
- S - Side steps
- T - Turns
- U - Under momma's legs
- V - Vacuum
- W - Wiggles
- X - "X" jumping jacks
- Y - Yoga (downward dog)
- Z - Zig zag steps

