



# Alphabet stretch

**EQUIPMENT**

OHP & prepared OHT (see below).  
(Teachers could display the webpage on IWB.)

**BEFORE**

Ensure that students know LEFT and RIGHT.

**AFTER**

VARIATION 1 = Students raise LEFT KNEE and RIGHT KNEE rather than arms.

VARIATION 2 = Students raise their LEFT KNEE along with RIGHT ARM and their RIGHT KNEE along with LEFT ARM.

**DESCRIPTION**

This activity provides a physical "breather" in the middle of a long stretch of concentration.

NOTE. It is a good idea for teachers to practice this activity in advance.

Students will need enough space to stand and stretch their arms.

Ensure that everyone can see the "Alphabet Stretch" sheet - displayed via OHP or IWB.

Teacher and students recite the alphabet together at a steady speed.

The teacher points out to students that each letter of the alphabet has a letter beneath it.

- **l** stands for LEFT ARM
- **r** stands for RIGHT ARM
- **b** stands for BOTH ARMS

Teacher and students now recite the alphabet together at a steady speed:

- raising their LEFT ARMS whenever alphabet letters have **l** beneath them;
- raising their RIGHT ARMS whenever alphabet letters have **r** beneath them;
- raising BOTH ARMS whenever alphabet letters have **b** beneath them.

Initially, this is done whilst reciting the alphabet at a steady speed ... then gradually faster and faster.



LOGICAL

MUSICAL

INTRA-PERS.



PHYSICAL

LINGUISTIC

INTER-PERS.

NATURALIST



VISUAL

# Alphabet stretch

|          |          |          |          |          |          |
|----------|----------|----------|----------|----------|----------|
| <b>A</b> | <b>B</b> | <b>C</b> | <b>D</b> | <b>E</b> | <b>F</b> |
| <b>l</b> | <b>b</b> | <b>r</b> | <b>l</b> | <b>r</b> | <b>b</b> |
| <b>G</b> | <b>H</b> | <b>I</b> | <b>J</b> | <b>K</b> | <b>L</b> |
| <b>r</b> | <b>l</b> | <b>r</b> | <b>b</b> | <b>r</b> | <b>l</b> |
| <b>M</b> | <b>N</b> | <b>O</b> | <b>P</b> | <b>Q</b> | <b>R</b> |
| <b>b</b> | <b>l</b> | <b>b</b> | <b>r</b> | <b>l</b> | <b>r</b> |
| <b>S</b> | <b>T</b> | <b>U</b> | <b>V</b> | <b>W</b> | <b>X</b> |
| <b>l</b> | <b>r</b> | <b>b</b> | <b>r</b> | <b>b</b> | <b>l</b> |
|          |          | <b>Y</b> | <b>Z</b> |          |          |
|          |          | <b>b</b> | <b>l</b> |          |          |