



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

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