



ACTIVITY ABC'S

Directions:

Talk with your child about what it means to be active – how physical activity strengthens our bodies and helps us to be healthy.

Together can come up with some ways that you already are active – riding bikes, swimming, etc. Then challenge yourselves to come up with one (or more!) type of activity for each letter of the alphabet! To get you started...

- A...act like the animals – hop, jump, slither
- B...bean bag toss, bowl
- C...climb stairs, Capture the Flag, camping
- D...dance, dig a hole
- E...egg relay, explore a new park
- F...fly a kite, four square, frisbee
- G...garden
- H...hike, hopscotch, hula hoop
- I...ice skate, insect hunt
- J...jump rope, jumping jacks, juggling
- K...kickball, karate
- L...leaf walk
- M...marching
- N...net play – fish, frogs, butterflies
- O...obstacle course
- P...paddle a canoe, parachute play, pogo stick
- Q...“quick clean up” around the house
- R...raking, Red Rover, ride a horse
- S...swing, Simon Says, sled
- T...trampoline, Twister
- U...Under the Rope
- V...vacuum, volleyball
- W...walk your dog, weed, water play
- X...X Marks the Spot
- Y...yoga, yo-yo
- Z...zumba, zoo



Taking it further: Write down your list and hang it on the refrigerator. Commit to trying one activity each day for a week or a month!

Related Books by H. A. Rey

- “Curious George Goes Camping”
- “Curious George at the Baseball Game”
- “Curious George Plants a Tree”
- “Curious George Goes to the Beach”
- “Curious George Rides a Bike”