



Alphabet Stretch

Pre-K Standards:

Physical Development: 2.PK.2, 3.PK.1, 3.PK.2,

Social/Emotional: 2.PK.1b, 5.PK.1b, 5.PK.1d, 5.PK.2a, 5.PK.2b

Creative Expression: 5.PK.1, 5.PK.3



Instructions:

1. Divide kids into groups (groups of 4 works best)
2. Each group will be assigned a letter of the alphabet
3. Have the group work together and stretch into the assigned letter encouraging them to increase flexibility whether it be standing or sitting
4. Have the other groups guess the letter

Skills:

- Stretching
- Large gross motor movement
- Balance

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