

LEARNING OBJECTIVES

Letter knowledge

DESCRIPTION

Children make the shapes of uppercase letters with their bodies.

TARGETED SKILL(S):

Remember and create the shape of uppercase letters.

**SUITABLE FOR**

Whole groups or small groups

**PREP-TIME**

N/A

**DURATION OF ACTIVITY**

15 min. while learning shapes, 5 min. as an energizer activity

**MATERIALS**

N/A

What will we learn?

"Today we're going to make letters with our body!"

What do we know?

1. Print the letter 'T' on the board. "What letter is this? Yes, it's a 'T'!"
2. Let's look at its shape. It has one line going up and down and another line going side to side at the top.
3. Print the letter 'Y' on the board and repeat the exercise above.
4. "What other letters have we learned?" Print the letters the children say on the board.

Watch me first!

1. "I'm going to show you how we can make letters with our bodies."
2. "I'll try to make the letter 'O'." Print it on the board.
3. "When I look at this letter, I see that it's like a circle. What body parts can I use to make a circle? I know - I'll use my arms!" Make an 'O' above your head using your arms. "Can you see the 'O'?"

Let's try it!

1. "Now it's your turn! I'll call out a letter and let's see if we can make that uppercase letter with our bodies. Let's have fun!"
2. Call out a letter and encourage the children to be creative to form that letter. Tip: Start with easier letters to form with their bodies like 'I', 'T', and 'X'.

What did we learn?

1. "We saw a lot of letters today! Were you able to remember all the letter shapes? Why do you think some are harder than others to remember?" (Some letters are more common than others, the letters in the children's names are probably easier for them to remember, etc.)
2. "Were there some harder to make than others? Which ones?"

Let's do more!

- To make it more fun, invite the children to pair up to make more challenging letters (e.g., two children get into the "downward dog" position (bending at the waist to make upside-down "Vs") to make an 'M').
- Allow the children to use simple props to help them make letters more accurately (e.g., using a pool noodle to make the curved part of the letter 'D' while they stand erect to form the straight line).
- Ask the children if they can make the lowercase versions of letters with their bodies too.

EXTENDING THE LESSON



Less Challenging

- Write the letters you call out on the board so the children can see the shape of their shape and more easily copy them with their bodies.
 - Have the children learn to make the shape of the first letter of their name. Linking the action to the sound associated with the letter reinforces phonemic awareness.
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More Challenging

- Ask the children to spell their names using body shapes.
 - Form small groups and invite the children to form a word together.
 - Call out a few letters quickly and see if the children can move from one letter shape to the next with fluency.
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TIPS

- This activity can be done indoors or outdoors.
 - This game is a great energizer activity.
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