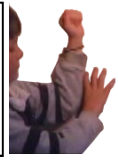
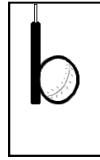


Single Letters



Make the shape of an apple with your left hand, the stem with the right hand. Say /a/ with your mouth open, then close your mouth as you pretend to bite the apple.

Remember to say /a/ like in “cat”, **not** /A/ like in “gate” or “rain”.



Hold your left arm out to your left, bent at the elbow, forearm vertical. This is your cricket bat, your hand is the handle. Make a ball with your right hand. Put this at your left elbow, Move the elbow to the left a little. Say /b/ as you move your elbow back to hit the ball. Or use your hands to make the bat and ball, and say “Bam” as you hit the ball with the bat. Remember to say /b/ like in “bat”, **not** the name of the letter “b”.



Make the letter “c” (say /k/) with the fingers and thumb of your left hand. Stroke the cat with your right hand (fingers extended) as you say /k/. Stroke the “cat” in the direction that you would write the “c”.

Remember to say /k/ like in “cat”, **not** /s/ like in “city” or the name of the letter “c”.



Make a drum with your left arm. Hold your right arm next to it to be the drumstick. Clench your fist to make the knob on the drumstick. This should make the letter “d”. Now hit the drum with the drumstick as you say /d/. Remember to say /d/ like in “dog” or “mud”, **not** the name of the letter “d”.



Make an egg with the fingers and thumb of your left hand. You need to poke a hole in the side to let out the goo. The shell is strong, so you’ll need to poke hard. Poke the egg as you say /e/.

Remember to say /e/ like in “get”, **not** /EE/ like in “these” or “team”.

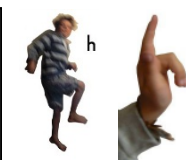
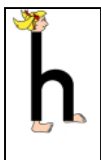


Hold your fishing rod with both hands. As you pull in your fish, the rod bends like the top of the letter “f”. It is a big fish so you’ll need to pull hard as you say /fff.../.



Make a circle for the top of the letter “g” with your left hand. The right hand goes below the circle made by the left hand and makes snapping teeth to gobble the sandwich. Snap the “teeth” each time you say /g/.

Remember to say /g/ like in “get” or “hug”, **not** /j/ like in “giraffe” or the name of the letter “g”.



Balance on one leg. With your other leg, bend your knee and lift the leg to make the letter “h”. Then hop each time you say /h/.

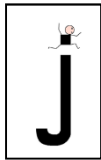
Alternatively, make the letter “h” with your left hand. Hold your hand vertically. Have your thumb and index finger vertical and the other fingers curled over to make the letter “h”. Move your hand up and down to make it hop as you say /h/.

Remember to say /h/ like in “hop”, **not** the name of the letter “h”.



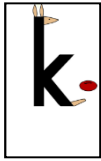
Hold up your left arm, bent at the elbow, with your upper arm close to your body, to make the letter “i”. Now put the dot on the “i” with your right hand as you say /i/.

Remember to say /i/ like in “hit”, **not** /I/ like in “hike” or “high”.



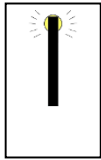
Hold out your left arm, bent at the elbow, upper arm horizontal, to make the letter “j”. Use the pointer finger on your right hand to make a small jumping motion over the letter as you say /j/.

Remember to say /j/ like in “jet” or “jump”, **not** the name of the letter “j”.

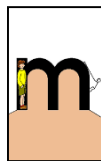


Stand up straight. Hold your elbows in to your body, forearms extended pointing up at 45° to the ground. Pretend to hold a football. Drop the football and kick it with one leg going out to 45° as you say /k/.

Remember to say /k/ like in “kitten” or “kick”, **not** the name of the letter “k”.



Stand straight, tall and stiff like a lamppost as you say /lll.../. Alternatively, stand on your head, or hold a forearm vertically and clench your fist to make the light. The letter “l” (/lll.../) is a lovely letter because it is so easy.

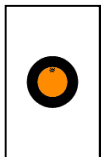


Make a letter “m” with the fist of your left hand. Your thumb is a man standing looking at a mountain with two peaks. Say “man” as you trace him from head to toe. He is looking at the mountain wondering if he can get all the way up and over the two peaks.

Say /mmm.../ ... /mmm.../ as you move your finger, up and over the first two folded fingers, then up and over the other two as he thinks about it.

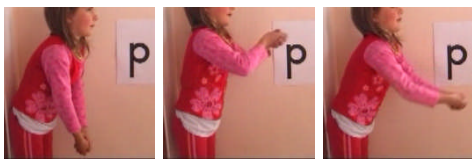
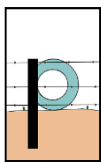


The letter “n” is a very noisy letter. Put your fingers in your ears. Pull a face because the noise is hurting your ears and say /nnn.../.



Make a large round orange with your fingers and thumb on each hand meeting together (so that it looks like a ball) as you say /o/.

Remember to say /o/ like in “hop”, **not** /O/ like in “hope”.

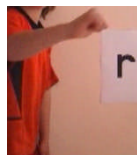
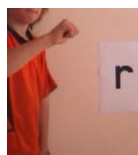


Pretend to hold the handle of a spade with both hands. Dig down into the ground to dig your posthole, bring the dirt up and over, then bring your spade round following the shape of the letter “p” as you say /p/.

Remember to say /p/ like in “pot” or “clap” **not** the name of the letter “p”.



Make a circle with the fingers and thumb on your left hand. Hold up your right arm and hand to make the stroke of the “q”. Open the fingers and thumb on your right hand to make an “u”. See how this looks like the head of a duck. Now make the duck quack by opening and closing the fingers and thumb on your right hand as you say /q/. It really sounds like /kw/. (Keep your thumb still and move your fingers in and out.)



Pretend to crank an old car. Move your hand down so you can start cranking at the bottom, then suddenly and energetically pull the crank up and over (to the side) making the shape of the letter “r” as you say /rrr.../.



Have the fingers and thumb on one hand extended. Move this in a snakelike fashion with your whole arm pretending to be the snake. Follow the shape of the letter “s” as you say /sss.../. Alternatively, make the shape of a “s” (/sss/) with your whole body. Can you do this without falling over?



Pretend the letter “t” is a tall clock. Hold up one arm, elbow bent, forearm vertical. Move your hand backwards and forwards following the stroke of the “t” as you say /t/ /t/ /t/ ... (like a metronome). Alternatively, stand up tall like a grandfather clock, let your arm hang down and swing it backwards and forwards like the pendulum on the grandfather clock as you say /t/ /t/ /t/ ... Remember, **not** the name of the letter “t”.



Hold out your arms either side of your body, elbows bent, upper arms just above horizontal, forearms vertical to look like the letter “u” and the handle of an umbrella. Close your right hand to hold the umbrella. Look up at the rain falling on your umbrella as you say /u/ /u/ /u/

Remember to say /u/ like in “hut”, **not** /U/ like in “huge” or /oo/ in “flute”.



Hold your arms down, fingers extended and hands touching so your arms make a valley as you say /vvv.../. You look as if you are going to dive into the river in the valley.



Hold your arms out to the side, elbows down and bent, forearms up at about 60° to the ground to make the letter “w”. Look down like the wind from a cloud and make a windy /w/ sound.



Put your arms crossing in front of your, elbows bent, forearms at right angles to each other. Hit them together in a chopping motion as you say /x/. It really sounds like /ks/. (This is like chopping with an axe.)



Stand up straight, extend both arms out to the side and up at 45° to the ground. Each time you throw your arms up yell /y/.

Remember to say /y/ like in “yes”, **not** the name of the letter “y”.



Make a bee with your hands by linking your thumbs together, fingers extended. Move your fingers up and down to flap the bee’s wings. Make your bee fly, moving it to follow the way you would write the letter “z” (L to R, down at a 45° angle, L to R) as you say /zzz... zzz... zzz.../.