



Glide's Guide on being active!



Alphabet Strike

Materials: Paper, tape, scissors, plastic containers, pool noodle

Age(s): Toddlers

Directions: Cut sheets of cardstock into business card size rectangles, then write a letter of the alphabet on each piece. Tape letters onto each container and spread the lettered containers all over the room or house. Call out letters and have the children stike them with the noodle.

Modification: Use the letter sounds and have them strike the corresponding letter. Stack all or a lot of letters on a table and have them knock them over and tell you what letters are on the floor.

FAMILY ENGAGEMENT

Adapated from: toddlerapproved.com