



Glide's Guide on being active!

Body Letters & Numbers

Materials: Flashlights (optional)

Age(s): Toddlers and older

Directions: Have children form letters and numbers using their bodies. They can start from any position (upright, sitting or on the floor, etc.), then they will bend and stretch to form their letters and numbers.

Modification: Have two or more children work together to create letters. Darken the room and use a large flashlight behind the children so they can observe their shadows on the wall making letters and numbers on the wall.

FAMILY ENGAGEMENT

Adapted from: ehow.com