Appendix 5

The Alphabet Chant

A is for apple
Pretend to take a bite of an apple.

B for bat and ball
Pretend to hit a ball with a bat.

C is for caterpillar
Move one finger in the shape of a “c,” then use two hands to climb upwards.

D is for dinosaur
Place your arms in front of you, on top of each other. Open and close them like giant dinosaur jaws.

E for elephant
Clasp hands, bend over, and wave your “trunk.”

F is for flower
Pretend to smell a flower that you are holding. What a pretty scent!

G is for girl
Girls point to themselves; boys point to a girl.

H is for horse
Gallop in place.

I is for insect
crawling up my shorts!
Place two fingers on top of your head like antennae and wiggle them. Smack an invisible insect on your leg.

J is for jump
Raise your arms high in the air, and leap up once.

K for kangaroo
Hop three times.

L is for legs
walking to the zoo
Shake your legs and point to them. Walk in place.

M is for mountain
Make a mountain by placing your arms above your head with fingertips together.

N is for net
Hold your arms to the side, making a circle shape.

O is for octopus
wiggly and wet
Wave your arms around.

P is for parrot
Open and close one hand to make the mouth of a talking parrot.

Q is for queen
Place an imaginary crown on your head.

R is for rabbit
hopping on the green
Hop with your hands on your head like long ears.
The Alphabet Chant *continued*

<table>
<thead>
<tr>
<th>Letter</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>is for snake Squirm your whole body like a snake.</td>
</tr>
<tr>
<td>T</td>
<td>is for tower Stand very tall, and stretch your arms out from your shoulders in the shape of a “t.”</td>
</tr>
<tr>
<td>U</td>
<td>is for umbrella, keeps you dry in a shower Pretend to open and hold an umbrella.</td>
</tr>
<tr>
<td>V</td>
<td>is for vulture Hold arms up in a “v” shape, and then bring them down to imitate a flying vulture.</td>
</tr>
<tr>
<td>W</td>
<td>is for worm Wiggle your finger like a worm.</td>
</tr>
<tr>
<td>X</td>
<td>is exercising fox Do jumping jacks. now we take a turn</td>
</tr>
<tr>
<td>Y</td>
<td>is for yo-yo Pretend to make a yo-yo go down and up.</td>
</tr>
<tr>
<td>Zipper starts with Z</td>
<td>Pretend to zip up your coat.</td>
</tr>
<tr>
<td>Now I know my alphabet</td>
<td></td>
</tr>
<tr>
<td>Hurray for me!</td>
<td>Pat hands on your chest and smile.</td>
</tr>
</tbody>
</table>