



Alphabet Exercise Cards



Act like an animal

kidsactivities.com



Bend

kidsactivities.com



Chair pose

kidsactivities.com



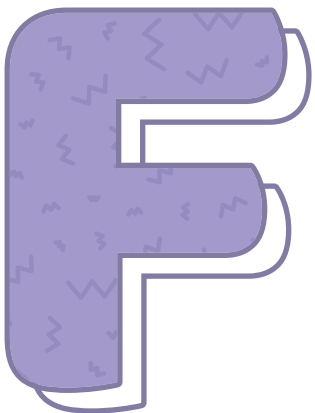
Dance

[kidsactivities.com](https://www.kidsactivities.com)



Elephant steps

[kidsactivities.com](https://www.kidsactivities.com)



Fly like a bird

[kidsactivities.com](https://www.kidsactivities.com)



Chair pose

[kidsactivities.com](https://www.kidsactivities.com)



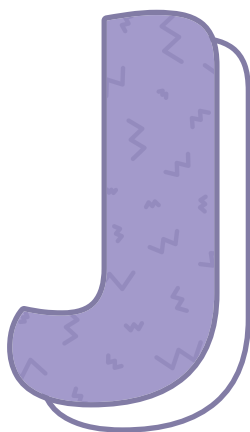
Hugs

[kidsactivities.com](https://www.kidsactivities.com)



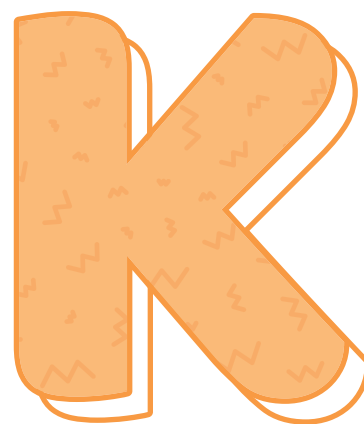
Itsy bitsy steps

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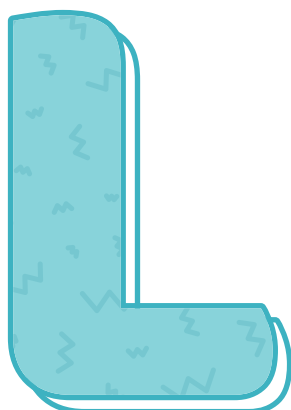
Jump

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Kick

[kidsactivities.com](https://www.kidsactivities.com)



Leg lifts

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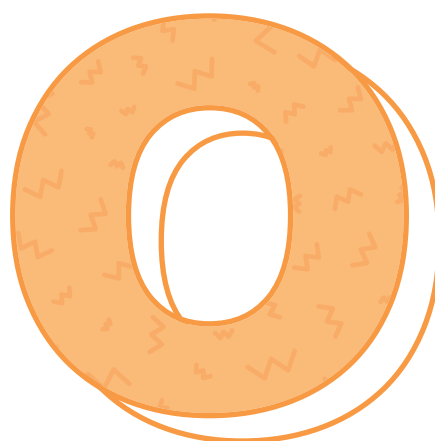
March

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Noisy steps

[kidsactivities.com](https://www.kidsactivities.com)



**Open and shut
arms**

[kidsactivities.com](https://www.kidsactivities.com)



Pop up

kidsactivities.com



Quiet hops

kidsactivities.com



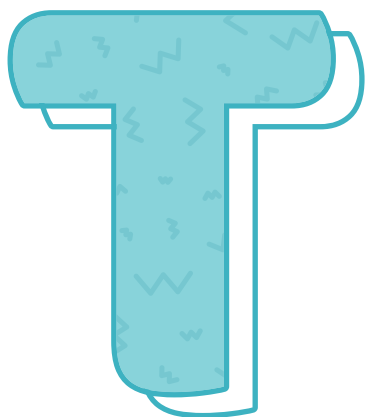
Run

kidsactivities.com



Side steps

kidsactivities.com



Turns

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Under
Go under something
nearby

[kidsactivities.com](https://www.kidsactivities.com)



Vibrate

[kidsactivities.com](https://www.kidsactivities.com)



Wiggle

[kidsactivities.com](https://www.kidsactivities.com)



**X is the shape of
jumping jacks**

[kidsactivities.com](https://www.kidsactivities.com)



**Yoga
(downward dog)**

[kidsactivities.com](https://www.kidsactivities.com)



Zig zag steps

[kidsactivities.com](https://www.kidsactivities.com)

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