

Work on letter recognition while developing gross motor skills. Exercises for the whole alphabet! Using a multi sensory approach to teaching letters is extremely beneficial. When copying, choose the two sided option, print pages with the letter style you want, cut out and laminate for multiple use. Place letters on the table or floor have students look for a certain letter then perform the exercise on the back. For added fun you can use an alphabet die for letter choice and a number die for how many of each exercise to do. Also included is a list of ways to learn letters and numbers without using a pencil.

Alternate Ways to learn letters and numbers

- Air write
- Write in shaving cream
- Write in sand
- Use letter or number stamps in Kinetic Sand™ then trace
- Use Wikki Stix™ or pipe cleaners to form letters or numbers
- Make letters out of Play-doh™
- Trace letters into Play-doh
- Use magnet letters as stamps in Play-doh
- Write on Magna-Doodles™ or dry erase boards
- Practice formation in tracing apps such as Glow Draw
- Make puff paint or glitter letters to trace
- Cut out letter forms in felt or sand paper to trace
- Chalk letters outside
- Trace letters that are up on the wall from a distance with finger or flashlight
- Write letters on the back for them to guess
- Collage letters with noodles, yarn, paper...
- Make Ziploc™ bags of gel for students to trace letters on
- Put a large tape model of the letter on the floor and walk the verbal direction path of the letter
- Paint large letters out on the playground for students to walk the path of formation.
- Use letter shapes from a dollar store alphabet puzzle in paint as stamps.



Terms of Use

Thank you for purchasing this resource. Terms of Use Copyright ©CreativeCOTA. All rights reserved by author. By downloading this product you are given permission for classroom and personal use ONLY. Please do not share, resell, post or alter without my permission. This product is to be used by the original downloader only. Copying for more than one teacher, classroom, department, school, or school system is prohibited. To use in multiple classrooms please purchase additional licenses. Failure to comply is a copyright infringement and a violation of the [Digital Millennium Copyright Act \(DMCA\)](#). Thank you.

Please consider rating this resource. Your ratings will earn you TpT credits toward future purchases. Use the link to go to the "My Purchases" tab and rate any products you have downloaded.

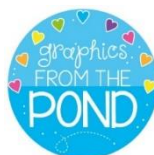
<https://www.teacherspayteachers.com/My-Purchases>

Thank you in advance for your time.

Consider using the link to follow my store. I post new resources often and they are 50% off for the first 48 hours. When you follow a store you receive email updates when new resources are released.

<https://www.teacherspayteachers.com/Sellers-Im-Following/Add/Creativecota>

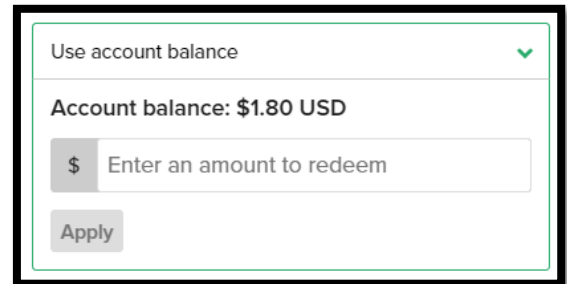
Thank you to all of the amazing TpT artists for sharing their talent with us. Fonts, papers, graphics and borders in this resource and cover are from the following stores. Clipart and elements found in this PDF are copyrighted and cannot be extracted and used outside of this file without permission or license.



Leaving Feedback

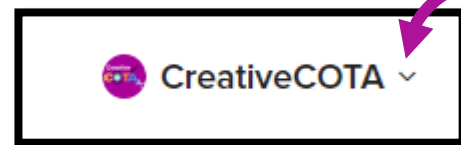
Please consider leaving feedback on anything you download. If you have a suggestion for improvement you can send a seller a note in the [Ask a Question](#) section and they may be willing to make changes to a resource before you leave negative feedback. Most of us are happy to fix mistakes and make any necessary changes.

Leaving feedback on paid resources earns you TpT credits toward future purchases.

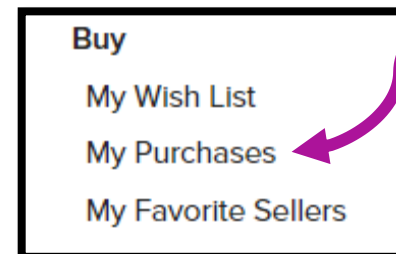


Follow these steps to leave feedback, even if it has been a while since your purchase. You might make a seller's day!

1. Click the drop-down menu under your username in the top right corner of your homepage.



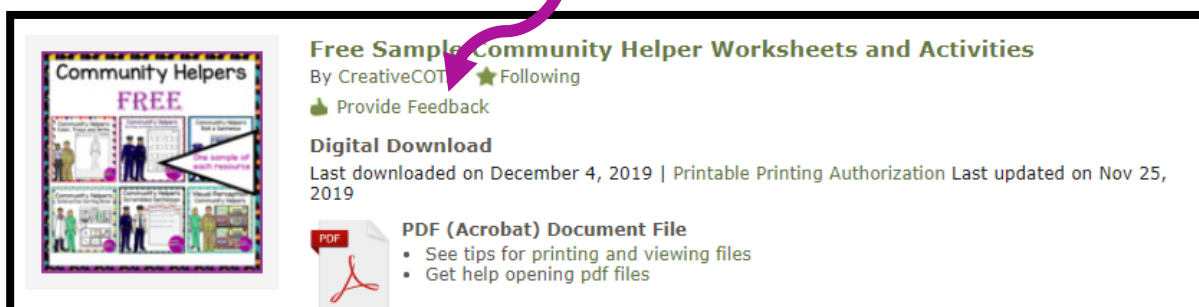
2. Under Buy, choose My Purchases.



3. Click which type of downloaded resource you wish to review.



4. Click "Provide feedback" and follow the steps.



Arm Circles



Balance



Cross Crawls



Dab



Elephant Steps



Fly Like a Bird



ABC

ABC

Bb

ABC

ABC

ABC

ABC

Aa

ABC

ABC

ABC

ABC

Dd

ABC

ABC

ABC

ABC

Cc

ABC

ABC

ABC

ABC

Ff

ABC

ABC

ABC

ABC

Ee

ABC

ABC

Gallop



Hug Yourself



Itsy Bitsy Steps



Jumping Jacks



Karate Kicks



Lazy Eights



ABC

ABC

Hh

ABC

ABC

ABC

ABC

Gg

ABC

ABC

ABC

ABC

Jj

ABC

ABC

ABC

ABC

Ii

ABC

ABC

ABC

ABC

Ll

ABC

ABC

ABC

ABC

Kk

ABC

ABC

March in Place



No Noise



Opposite Toe Touches



Plank Pose



Quiet Hops



Run in Place



ABC

ABC

Nn

ABC

ABC

ABC

ABC

Mm

ABC

ABC

ABC

ABC

Pp

ABC

ABC

ABC

ABC

Oo

ABC

ABC

ABC

ABC

Rr

ABC

ABC

ABC

ABC

Qq

ABC

ABC

Squat



Tree Pose



Sit Ups



V Balance



Wall Push Ups



Draw an X



ABC

ABC

Tt

ABC

ABC

ABC

ABC

Ss

ABC

ABC

ABC

ABC

Vv

ABC

ABC

ABC

ABC

Uu

ABC

ABC

ABC

ABC

Xx

ABC

ABC

ABC

ABC

Ww

ABC

ABC

Yoga Pose

(Down Dog)



Draw a Z



ABC

ABC

Zz

ABC

ABC

ABC

ABC

Yy

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

Arm Circles



Balance



Cross Crawls



Dab



Elephant Steps



Fly Like a Bird



ABC

ABC

B

ABC

ABC

ABC

ABC

A

ABC

ABC

ABC

ABC

D

ABC

ABC

ABC

ABC

C

ABC

ABC

ABC

ABC

F

ABC

ABC

ABC

ABC

E

ABC

ABC

Gallop



Hug Yourself



Itsy Bitsy Steps



Jumping Jacks



Karate Kicks



Lazy Eights



ABC

ABC

H

ABC

ABC

ABC

ABC

G

ABC

ABC

ABC

ABC

J

ABC

ABC

ABC

ABC

I

ABC

ABC

ABC

ABC

L

ABC

ABC

ABC

ABC

K

ABC

ABC

March in Place



No Noise



Opposite Toe Touches



Plank Pose



Quiet Hops



Run in Place



ABC

ABC

N

ABC

ABC

ABC

ABC

M

ABC

ABC

ABC

ABC

P

ABC

ABC

ABC

ABC

O

ABC

ABC

ABC

ABC

R

ABC

ABC

ABC

ABC

Q

ABC

ABC

Squat



Tree Pose



Sit Ups



V Balance



Wall Push Ups



Draw an X



ABC

ABC

T

ABC

ABC

ABC

ABC

S

ABC

ABC

ABC

ABC

V

ABC

ABC

ABC

ABC

U

ABC

ABC

ABC

ABC

X

ABC

ABC

ABC

ABC

W

ABC

ABC

Yoga Pose

(Down Dog)



Draw a Z



ABC

ABC

Z

ABC

ABC

ABC

ABC

Y

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

Arm Circles



Balance



Cross Crawls



Dab



Elephant Steps



Fly Like a Bird



ABC

ABC

b

ABC

ABC

ABC

ABC

a

ABC

ABC

ABC

ABC

d

ABC

ABC

ABC

ABC

c

ABC

ABC

ABC

ABC

f

ABC

ABC

ABC

ABC

e

ABC

ABC

Gallop



Hug Yourself



Itsy Bitsy Steps



Jumping Jacks



Karate Kicks



Lazy Eights



ABC

ABC

h

ABC

ABC

ABC

ABC

g

ABC

ABC

ABC

ABC

j

ABC

ABC

ABC

ABC

i

ABC

ABC

ABC

ABC

l

ABC

ABC

ABC

ABC

k

ABC

ABC

March in Place



No Noise



Opposite Toe Touches



Plank Pose



Quiet Hops



Run in Place



ABC

ABC

n

ABC

ABC

ABC

ABC

m

ABC

ABC

ABC

ABC

p

ABC

ABC

ABC

ABC

o

ABC

ABC

ABC

ABC

r

ABC

ABC

ABC

ABC

q

ABC

ABC

Squat



Tree Pose



Sit Ups



V Balance



Wall Push Ups



Draw an X



ABC

ABC

T

ABC

ABC

ABC

ABC

S

ABC

ABC

ABC

ABC

V

ABC

ABC

ABC

ABC

U

ABC

ABC

ABC

ABC

X

ABC

ABC

ABC

ABC

W

ABC

ABC

Yoga Pose

(Down Dog)



Draw a Z



ABC

ABC

Z

ABC

ABC

ABC

ABC

Y

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC

ABC