

# ABC's Movement Game

Spell your name, your favorite word,  
or pick a few letters, and follow the prompts to move & calm!  
\*Please change any prompts to best fit your body and brain needs!\*

**A** 3 BIG deep breathes

**B** 5 push-ups

**C** 3 figure 8's with your arms  
across your body

**D** 3 stretches to your tippy toes

**E** Take a seated forward fold

**F** Push the wall for 10 seconds

**G** Hug your knees near your  
chest for 10 seconds

**H** 5 big arm circles

**I** 1 tight self-hug

**J** Tap your head, shoulders,  
knees & toes 5 times

**K** 5 \*slow\* squats

**L** Push your feet against the  
floor for 10 seconds

**M** Dance for 5 seconds

**N** Skip for 5 seconds

**O** Breathe in through nose,  
out through mouth 3 times

**P** 5 sit-ups

**Q** Reach to your toes

**R** Stretch to the stars &  
lean right and left

**S** Twirl for 5 seconds

**T** Raise your knees to your  
chest 10 times

**U** Take 4 slow breathes

**V** Move in slow motion for  
10 seconds

**W** 30 second wall-sit

**X** 10 jumping jacks

**Y** Jump up and down for  
10 seconds

**Z** Clap your hands 10 times