



## A-Z Speech and Movement Exercises

The following is a suggested list of fun activities that combine hand movements with speech articulation to help kids improve their memory. These engaging exercises make learning easy while keeping children active and involved!

**A - Airplane Arms:** Stretch arms out like an airplane while saying "airplane."

**B - Ball Bounce:** Bounce a ball while saying "bounce" to promote rhythmic speech.

**C - Clap and Count:** Clap hands while counting to ten.

**D - Draw Dots:** Use a finger to draw dots in the air while saying "dot."

**E - Elbow Touch:** Touch your elbows together while saying "elbow."

**F - Flick Fingers:** Flick fingers while saying "flick."

**G - Grab and Go:** Pretend to grab an object while saying "go."

**H - Hands Up:** Raise hands above head while saying "hands up."

**I - Index Point:** Point with your index finger while saying "point."

**J - Jump and Say:** Jump while saying "jump."

**K - Kick:** Perform a gentle kick while saying "kick."

**L - Lift Up:** Lift an object while saying "lift."

**M - Make a Circle:** Use hands to make a circle while saying "circle."

**N - Nod Head:** Nod your head while saying "yes."

**O - Open Hands:** Open hands wide while saying "open."

**P - Pinch Fingers:** Pinch fingers together while saying "pinch."

**Q - Quick Steps:** Take quick steps while saying "quick."

**R - Reach High:** Reach up high while saying "reach."

**S - Slide Hands:** Slide hands together while saying "slide."

**T - Touch Toes:** Bend down and touch toes while saying "toes."

**U - Upward Wave:** Wave upward while saying "up."

**V - V Stretch:** Form a V shape with arms while saying "V."

**W - Wiggle Fingers:** Wiggle fingers while saying "wiggle."

**X - Cross Arms:** Cross arms while saying "cross."

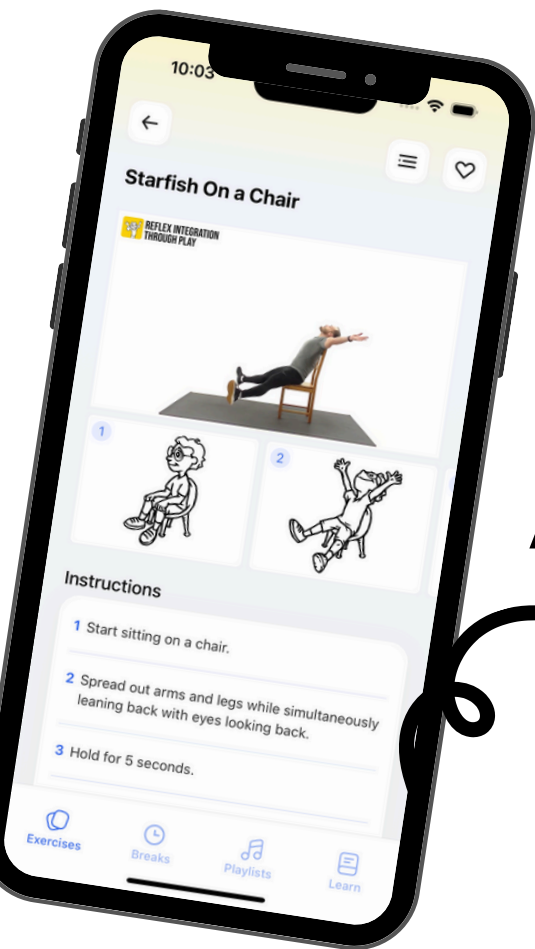
**Y - Yell "Yes":** Raise hands and yell "yes" while lifting arms.

**Z - Zigzag Movement:** Move hands in a zigzag while saying "zigzag."

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