

Body ill-literacy and the ABCs

...Discovering how each child's health is influenced by the 26 letters of the alphabet.



ACORN



kids WHO READ



succeed

Literacy: Ability to use printed and written materials



A B C D E F

G H I J K L

M N O P Q

R S T U V

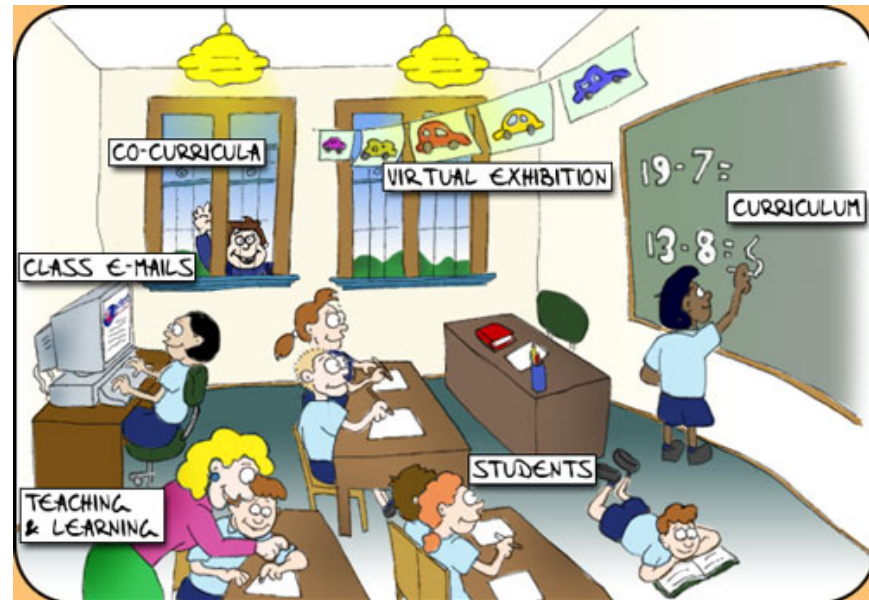
W X Y Z

A 2,000
year old
communication
tool used by
2/3rd of the
world's population



The **paradox** of literate societies is that they appear unaware of the potential **side-effects** of these 26 letters on the growing child's body.

- Fine-motor, **audio-visual alphabet tools** were not **designed** for young children who learn best through playful muscle imitation and kinesthetic activities. Their mostly sedentary, fine-motor, rote training can unintentionally foster physical, cognitive, emotional, and communication disorders when they are not **balanced** by adequate amounts of daily, gross motor, cross lateral activity.



What is the cumulative effect of over-dependence on fine motor, audio-visually educated literacy skills on the developing body and future health of children?

Why is it increasingly important for child educators to more fully engage the child's whole body into her/his early language learning experiences; to get kids body-fit for learning; and to build a new platform for alphabet literacy?

Your role as Early Child Educators:



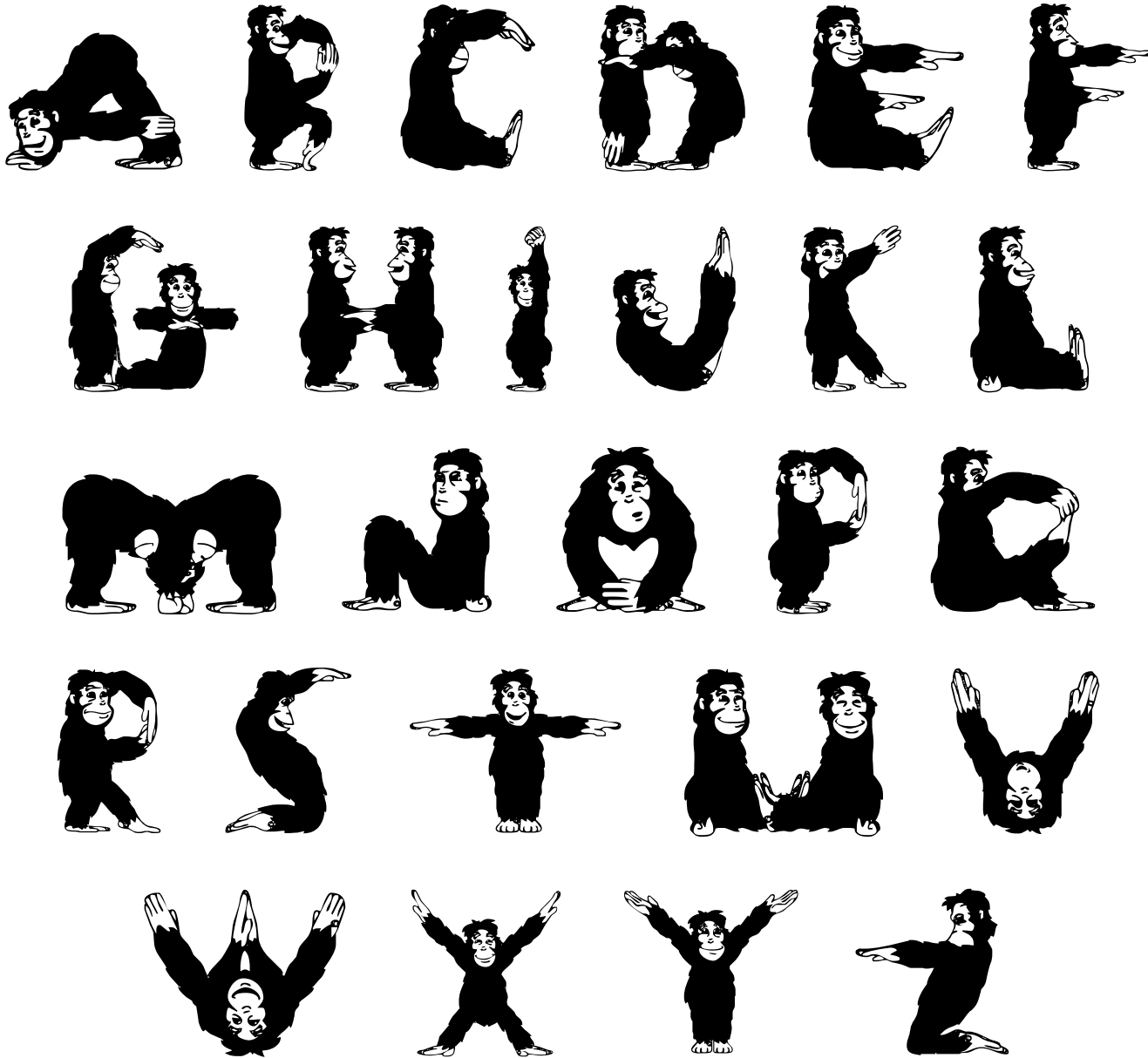
By preventing the development of the unhealthy side-effects of literacy education, you are uniquely positioned to foster the long-term healthy development of literacy and the child!



Body Illiteracy and the ABCs

-Addressing the need for whole-body Alphabet education through more anatomical ABCs designed just for kids!

CHIMPANSE[®]



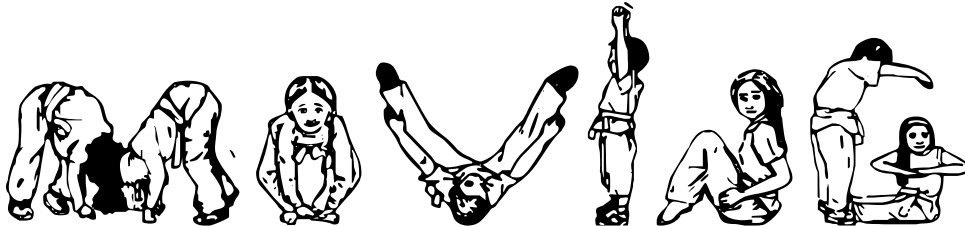
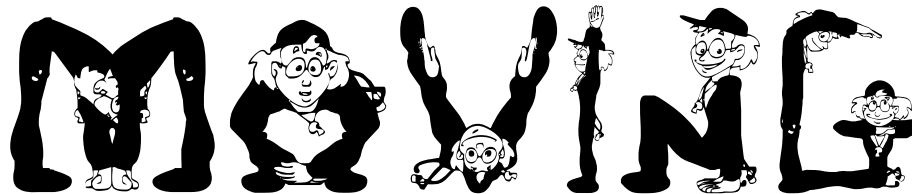
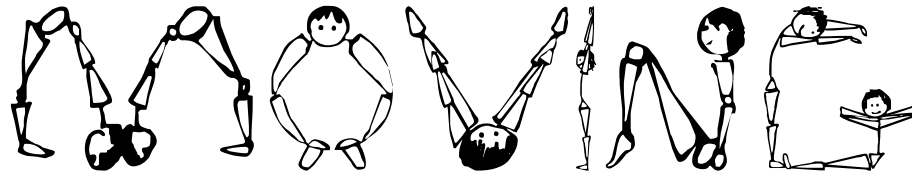
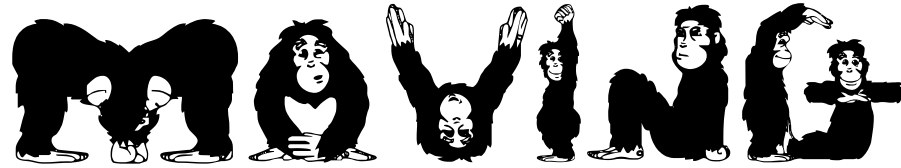
As an antidote, Alphabet Fitness turns the 26 letters of the alphabet into a more physically active, tangible & child-friendly learning tool that personalizes the ABCs.

MOVING

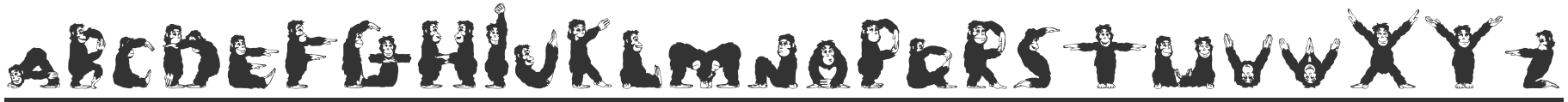
Alphabet
Fitness' s
anatomical
body fonts
and Alphabet
WorkOuts
integrate
whole brain
whole body,
X-lateral
movements
into
the ABCs

**Body letters make
invisible letter sounds
visible.**

**Kids become engaged
learners who listen
when their bodies talk.**



For Preschool-K children, we recommend
Chimp Shakespeare's play alphabet program



1. Piloting has shown that young children love animals and the mystery of the non-verbal chimps teaching them their ABCs.
2. The chimps are gender neutral and promote inclusion.
3. Chimps have gross motor movements similar to this age group of young children. Their font provides a fun body language for kids
Note: body language is the child's first language, starting in utero
2. Synchronicity: Moving in and out of letters in sync with the playful chimps and classmates helps children relax, feel accepted, become learning ready, more verbally, physically and emotionally expressive, creative self thinkers, and imaginative storytellers.

***“Language is acquired by understanding messages in a low-anxiety situation”
Ray Kurzweil***

Goals & Benefits: Building a new platform for alphabet literacy

When children physically **BECOME** the 26 letters of their alphabet:

- Kids become body literate, receptive, engaged learners; able to more physically sense the meaning of their words
- Kids recognize the way different words effect their OWN body/emotions/ feelings
- Kids recognize the way words effect Their Playmates
- Kids develop a spirit of cooperation as they need each other to make words.
- Kids prep their bodies for SPORT
- Kids use as an ice-breaker for new students/ ELL/ early bully prevention
- Kids exercise common core curriculum words into their body's gross & fine motor memory!
- Kids become greater communicators/future public speakers

TEACHERS get to:

- **Exercise their own bodies along with their kids**
- Release stress buildup
- Bond with their students
- Become healthy role models
- Engages children of varying motor skills and levels of English proficiency
- Insert core curriculum learning in an active, fun manner
- Build team learning skills in students
- Prep kids for novel spelling bee!
- Meet EEC licensing regs

Article of interest:

<http://www.jstart.org/site/DocServer/America s Early Childhood Literacy Gap.pdf?docID=3923>



A



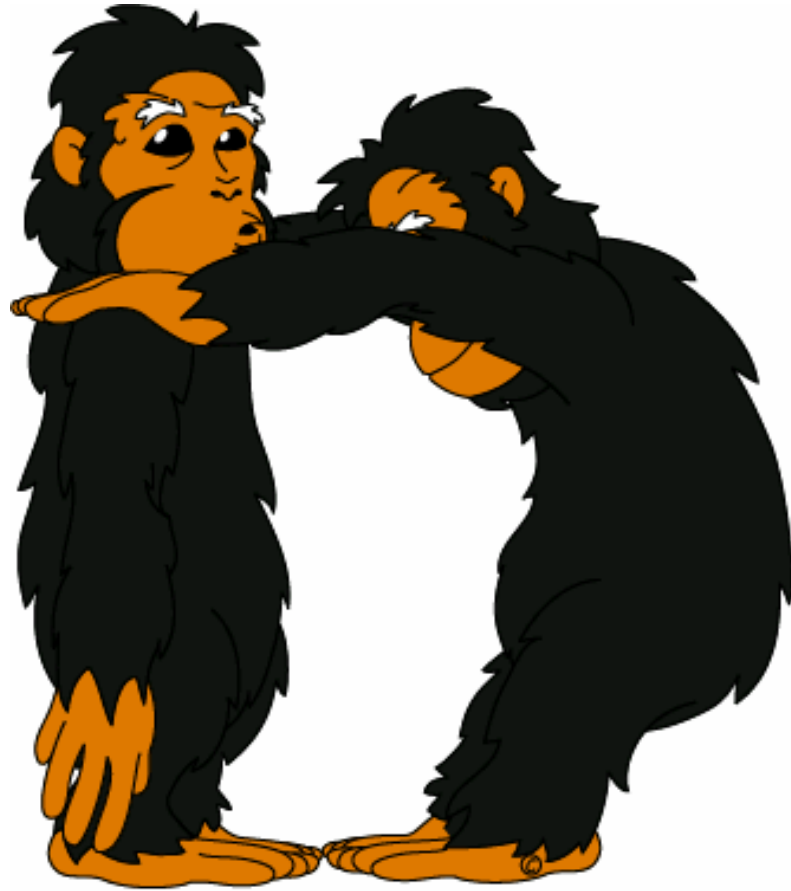
B



C



D



E



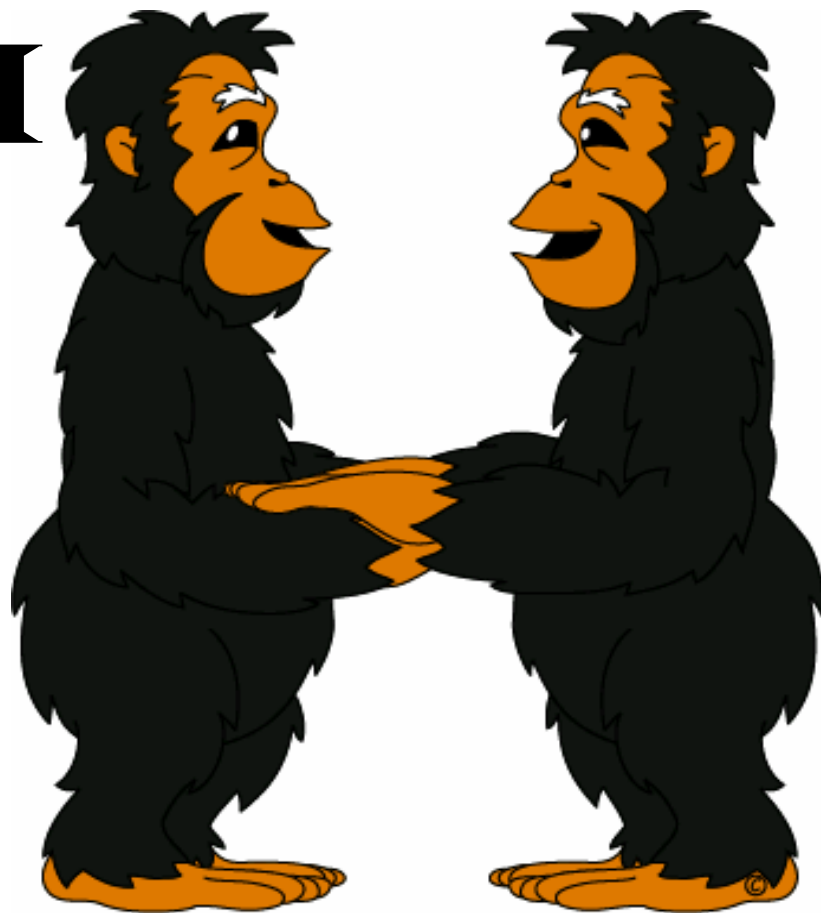
F



G



H



I



J



K



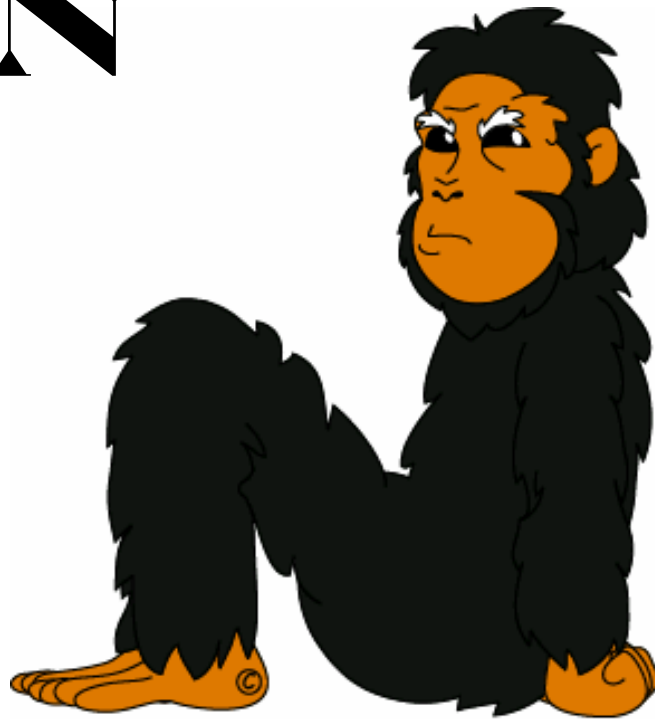
L



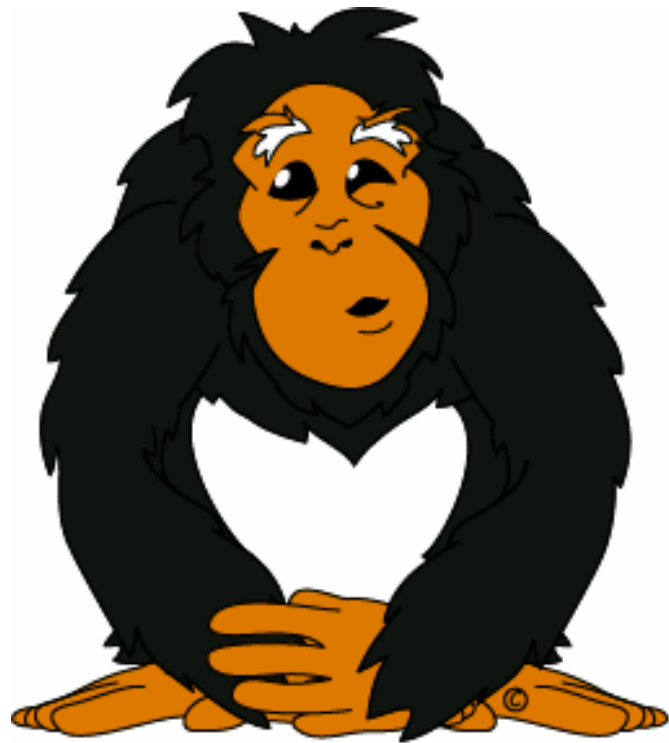
M



N



O



P



Q



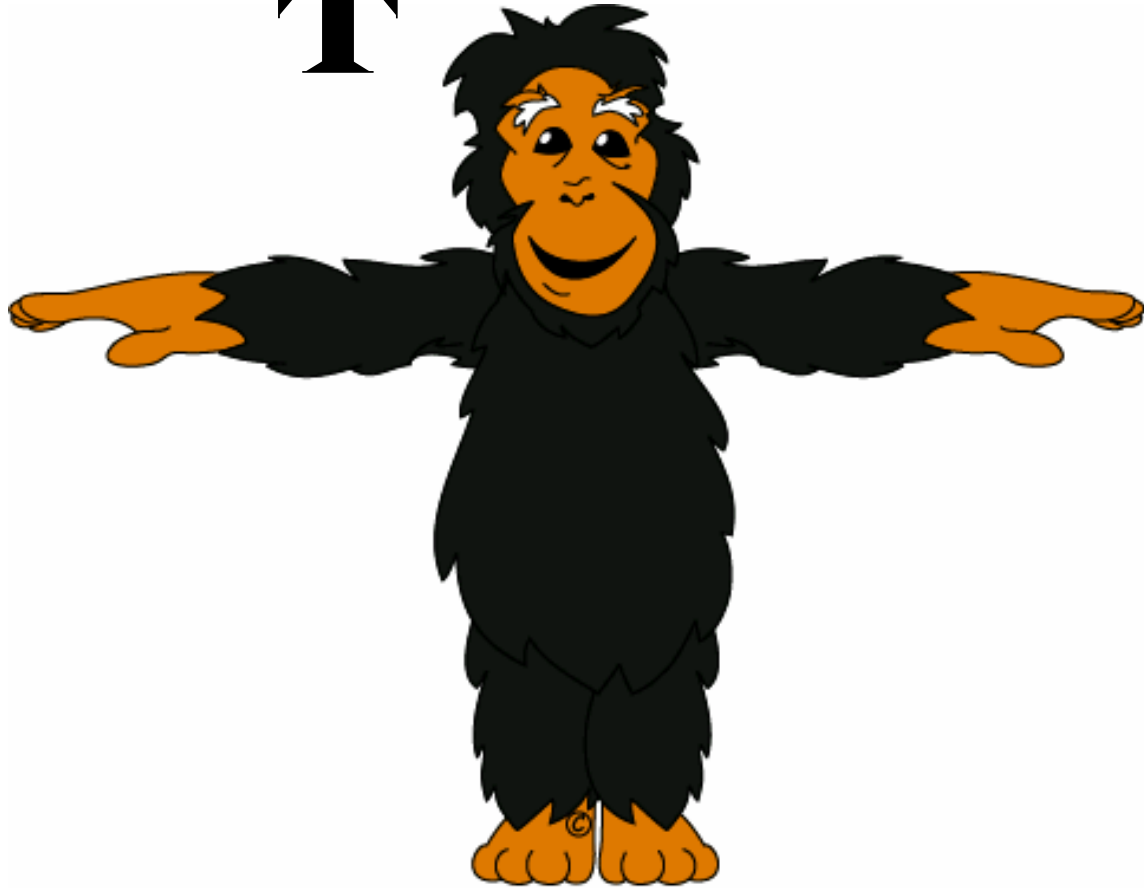
R



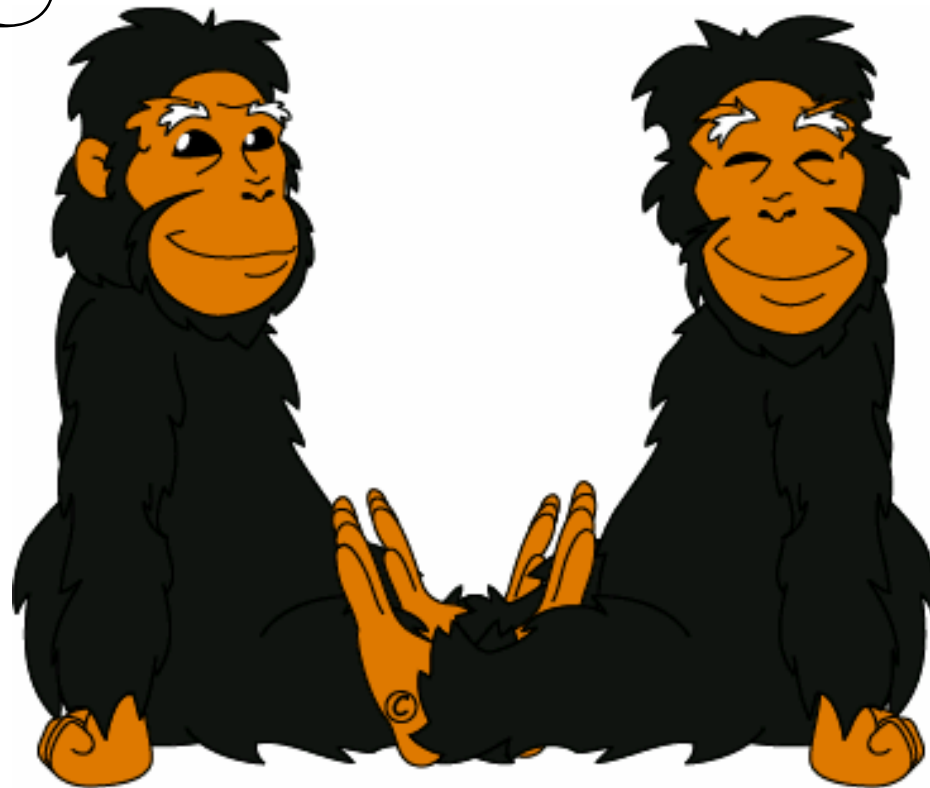
S



T



U

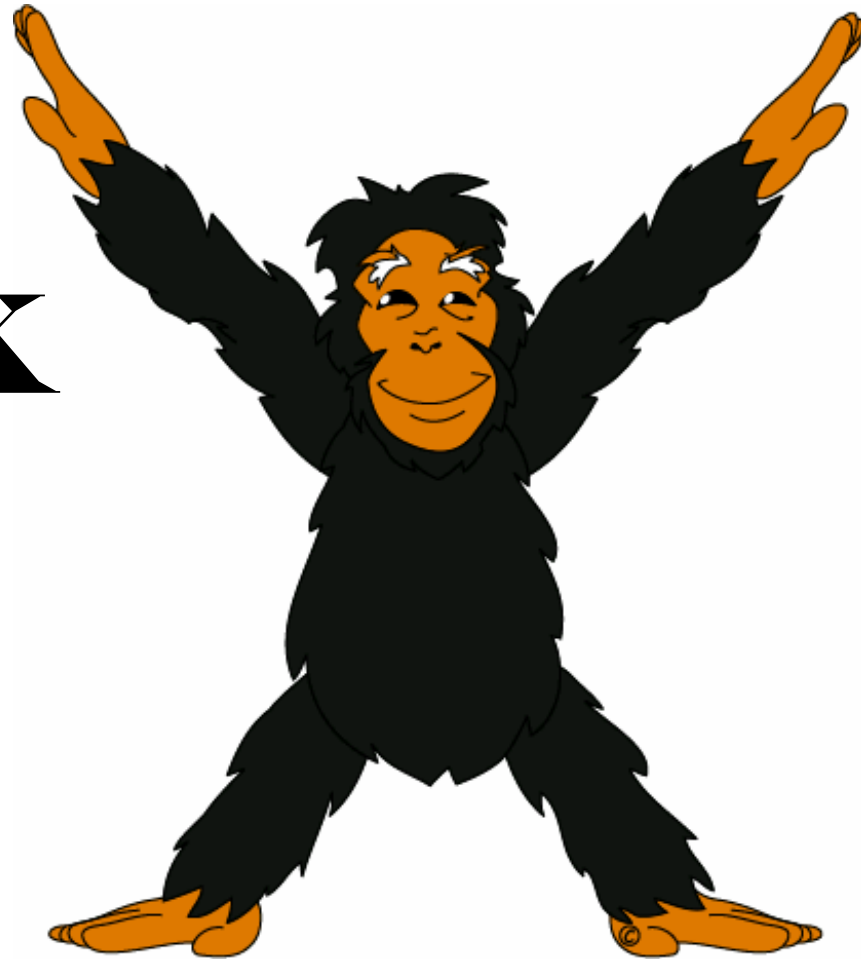




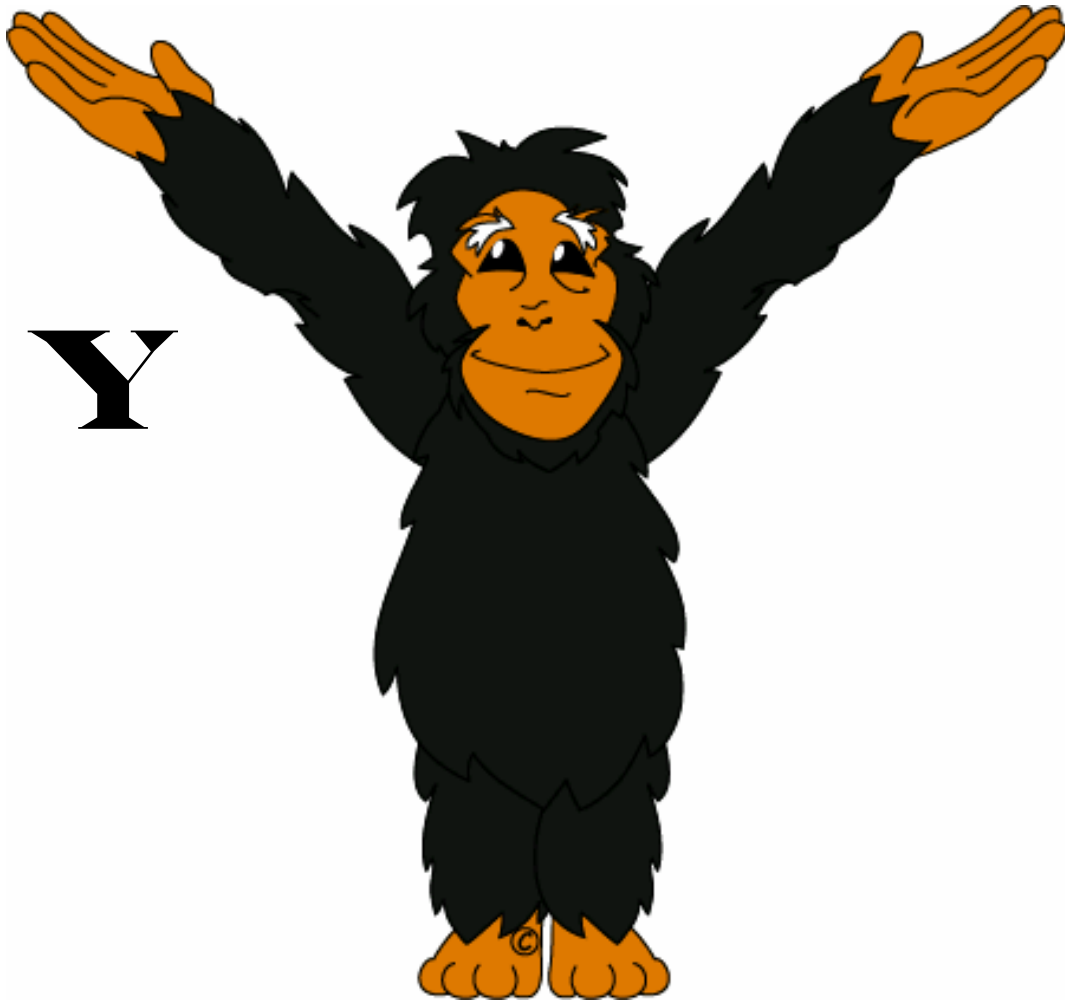
W

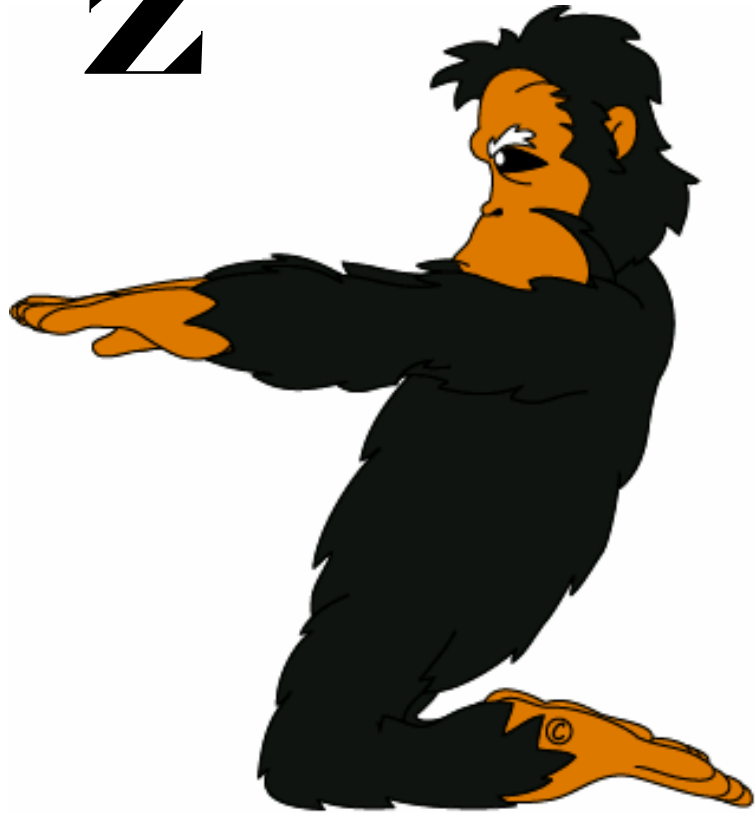


X

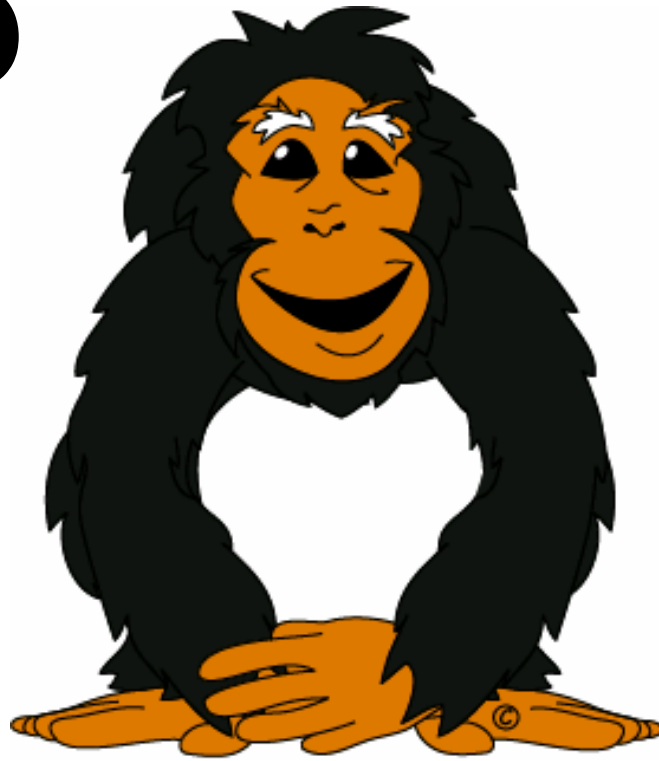


Y





0



1



2



3



4



5



6



7



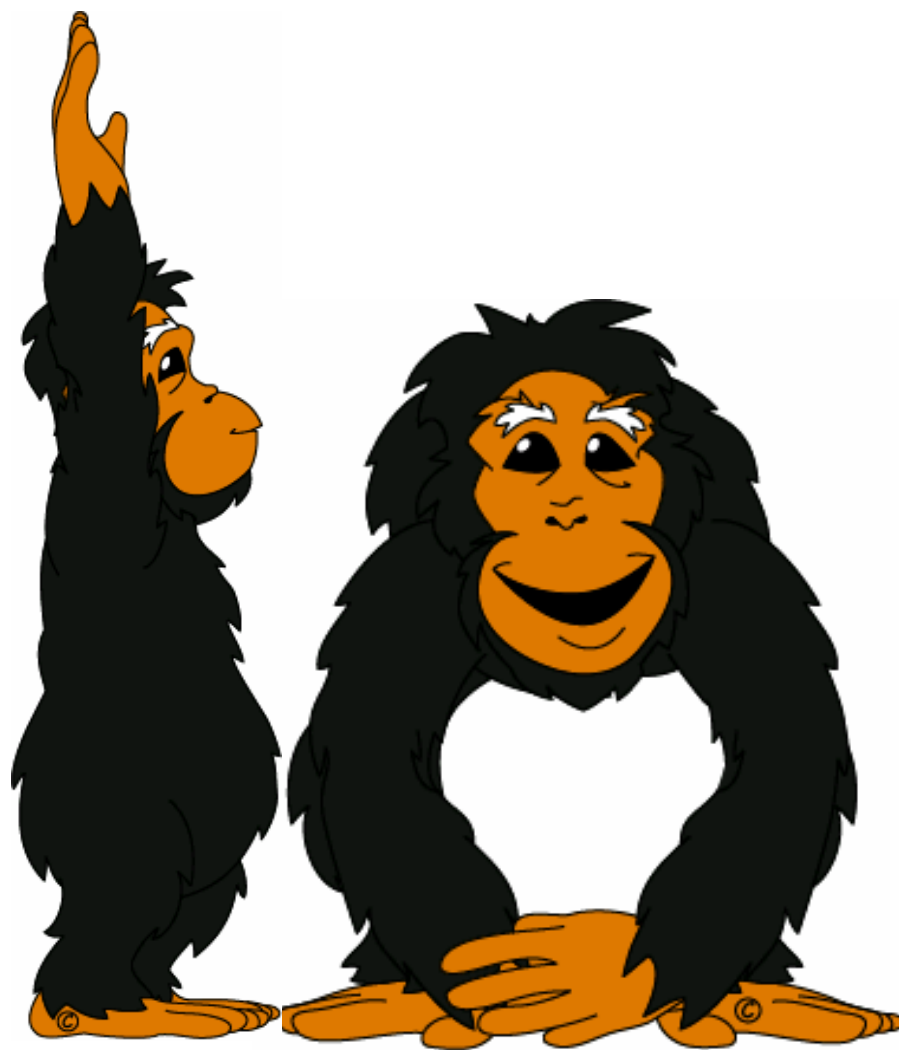
8



9



10



VARIETY OF PLAYFUL APPLICATIONS

Do typing box to teach

Chimp yoga

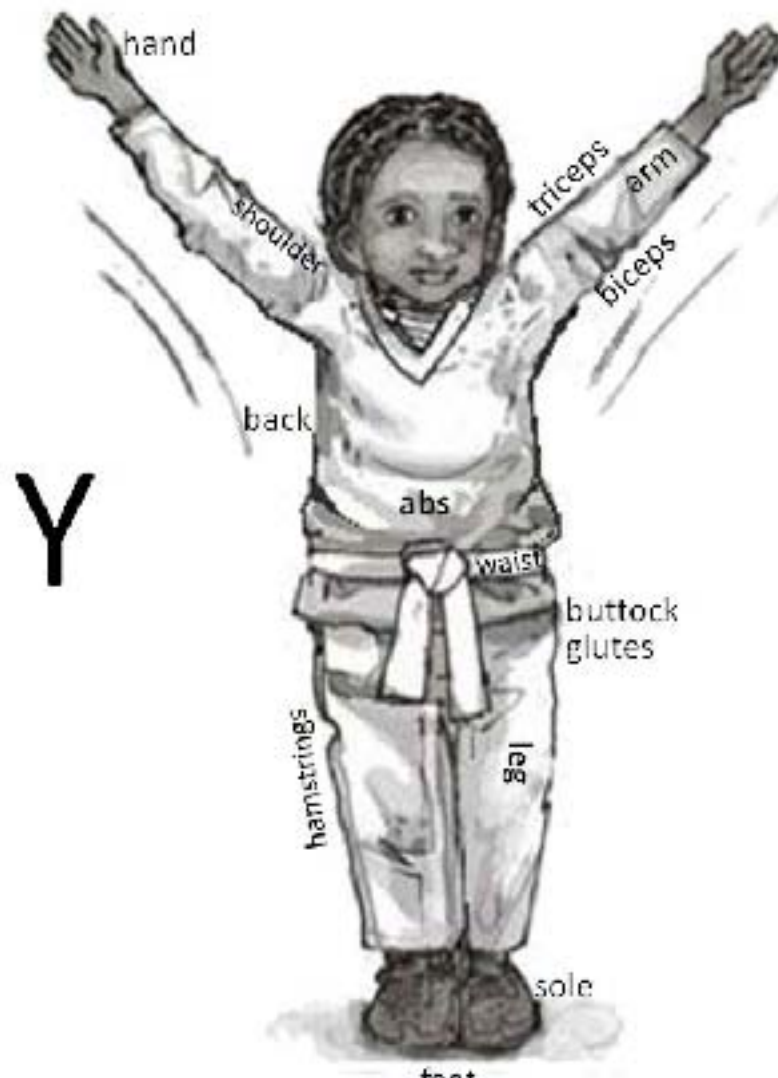
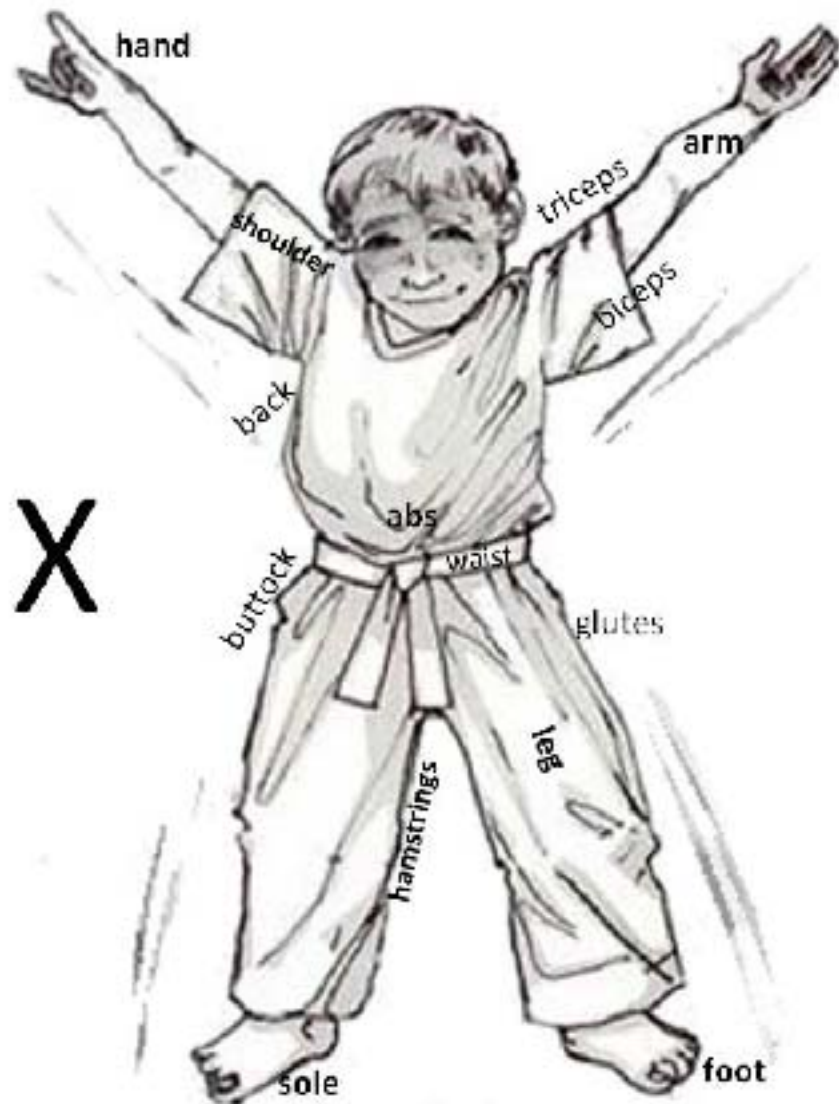
Chimp chatter if time allows

Exercise 26 letters per day

- By doing daily letter WorkOuts your vocabulary grows!
- As your vocabulary grows your body gets fitter!

<u> 626 </u>	2 letter combinations
<u> 17,576 </u>	3 letter combinations
<u> 456,976 </u>	4 letter combinations
<u>11,881,376</u>	5 letter combinations

ALPHABET WORKOUTS™





BODY AWARENESS

Notice which body parts stretch while exercising each of the 26 letters with the chimps:

Hand

Shoulder

Arm

Triceps

Biceps

Head (blood flow)

Face (smile)

Lungs (breathing/O₂)

Chest (diaphragm movement)

Abs (Abdominal)

Back

Foot

Knee

Leg

Buttocks

Glutes (gluteus)

Hamstrings



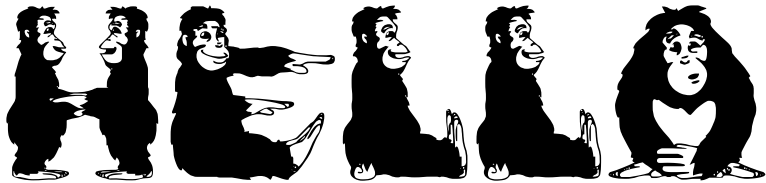
V, W, X WORKOUTS





TEACHER BEES!







ALPHABET





Alphabet Fitness mini-marathon run



Fitness Fair

























RYAN

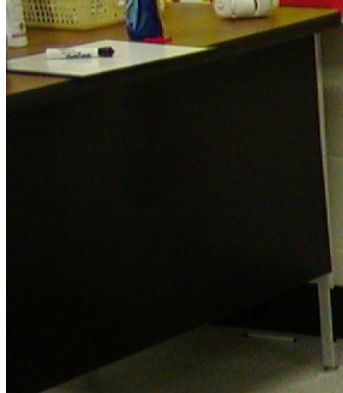
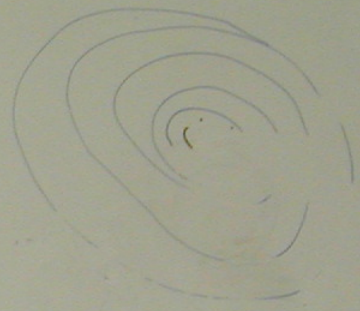
JACK
ION

$$2 + 5 = 7$$

RIACHEE O

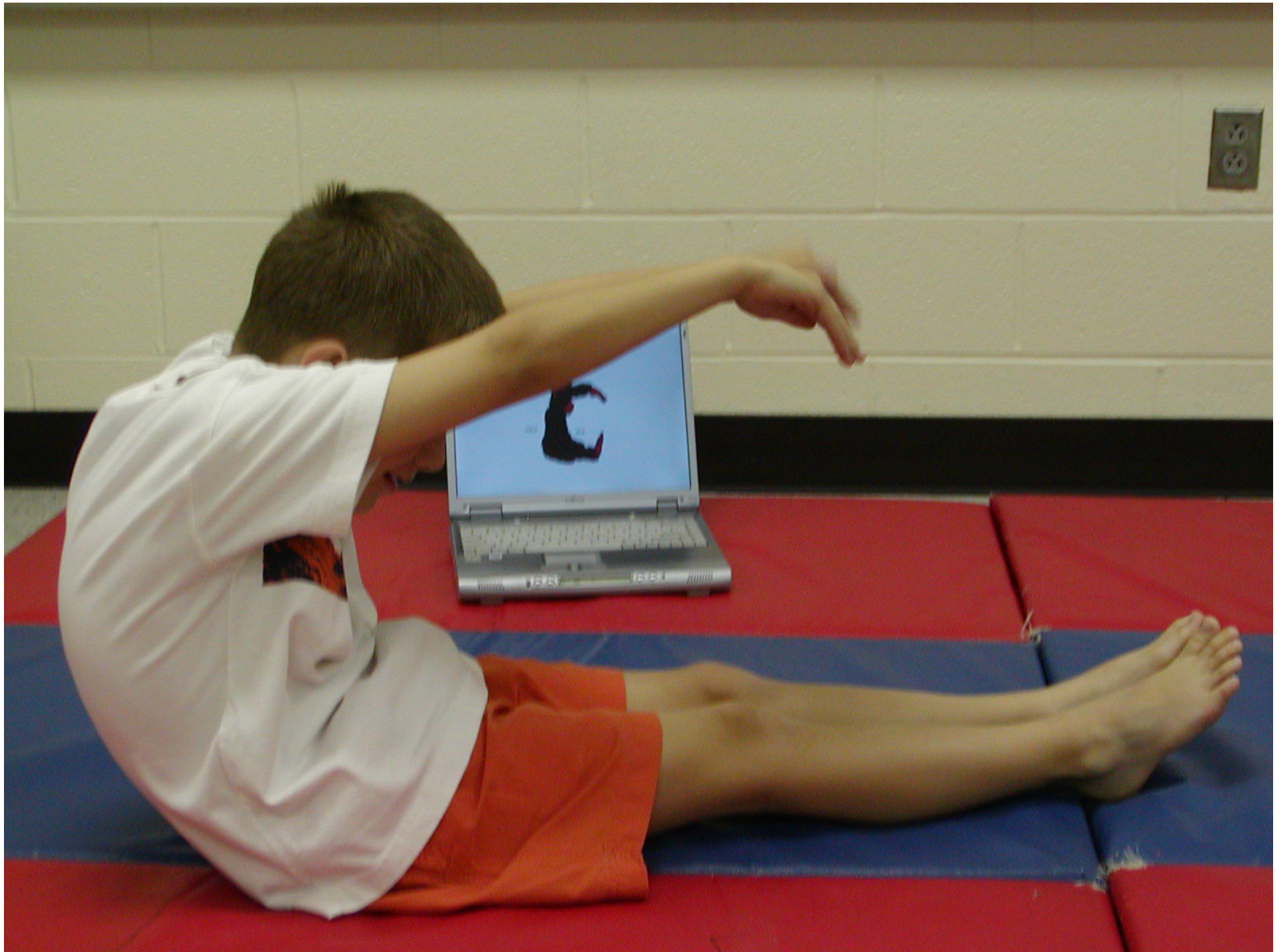
12345
54321
678910

JESSICA

















Alphabet Fitness Community fun run



WORD WALL WORKOUTS!

FOR

BODY EXERCISE

&

TEAM SPELLING

L
E
T
T
E
R

W
A
R
M
U
P
S

Right Side Letters



Sitting letters



Left Side letters



Back letters



Buddy letters



Mirror Letters



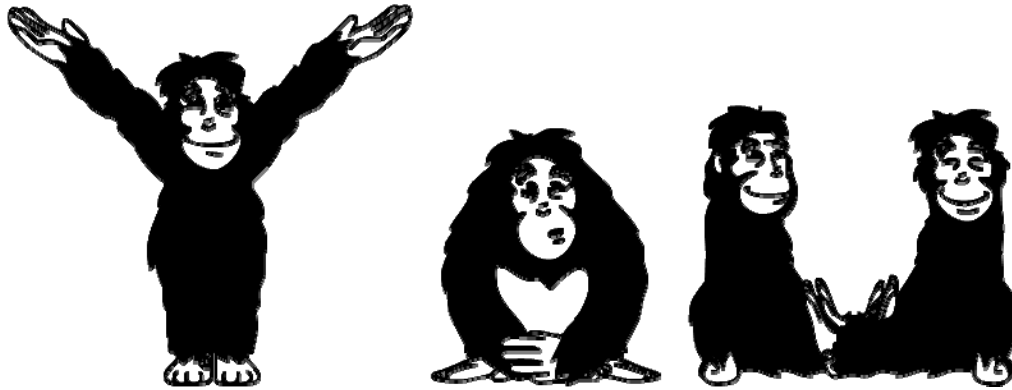
BODY LITERACY ROUTINE:

1. Speak word
2. Describe word
3. Body spell word
4. Name & sound out each letter;
5. Identify which muscles you feel being stretched
6. Act out word
7. Switch body letters
8. Repeat #1-6
9. Change speed and tone of word
10. Use during day for more exercise and vocabulary reinforcement

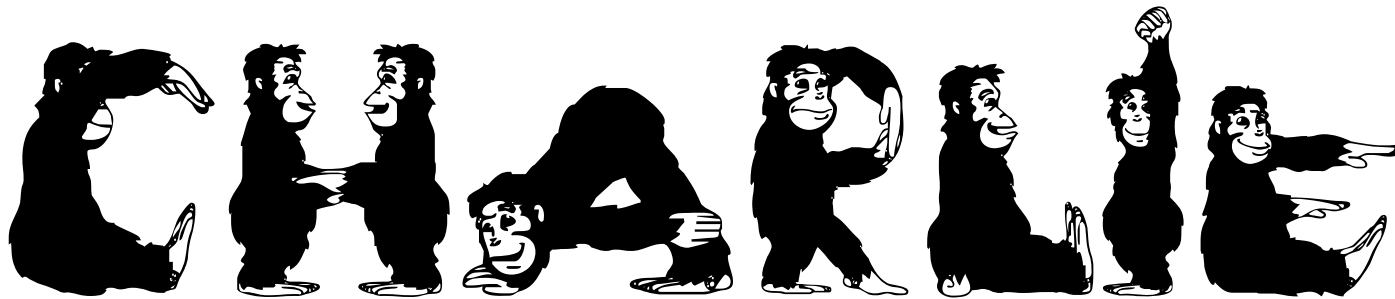
M E



YOU



Let each child create a Chimpanese nickname!



CHARLIE

M O M

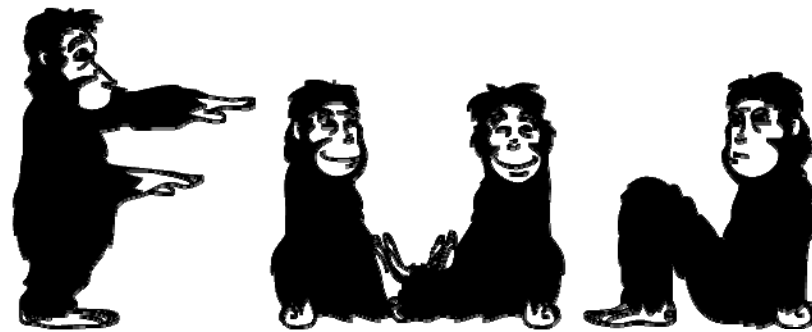


DAD





FUN



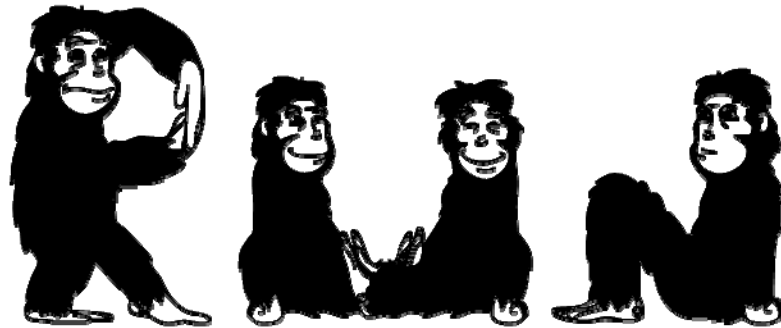


CAT



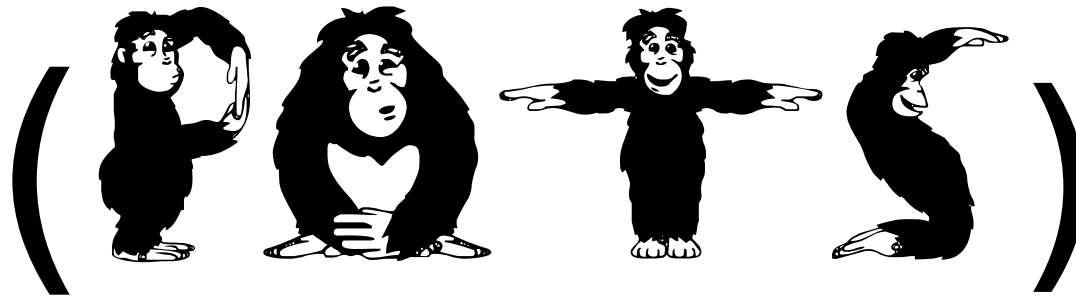
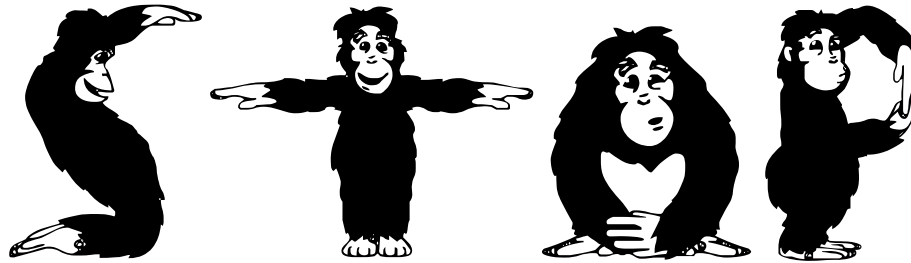


RUN

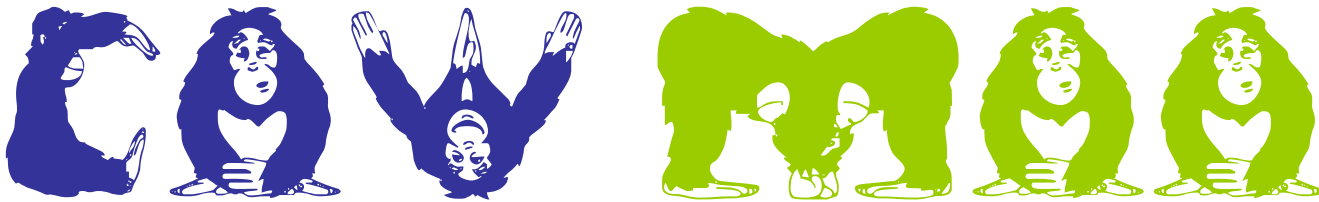




STOP



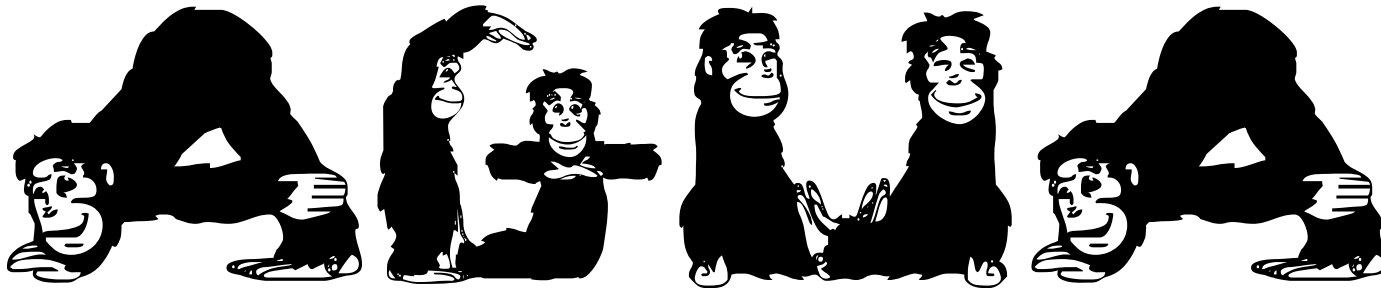
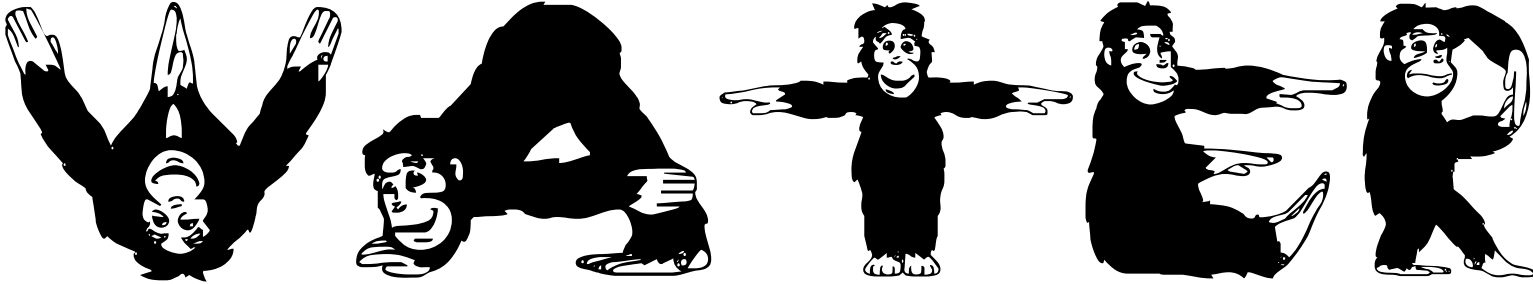
MOO COW



WATER



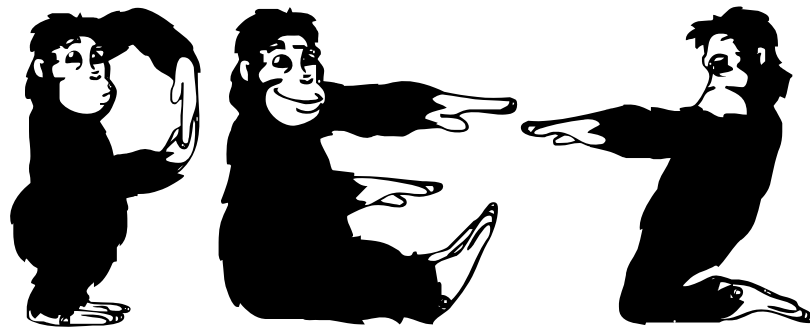
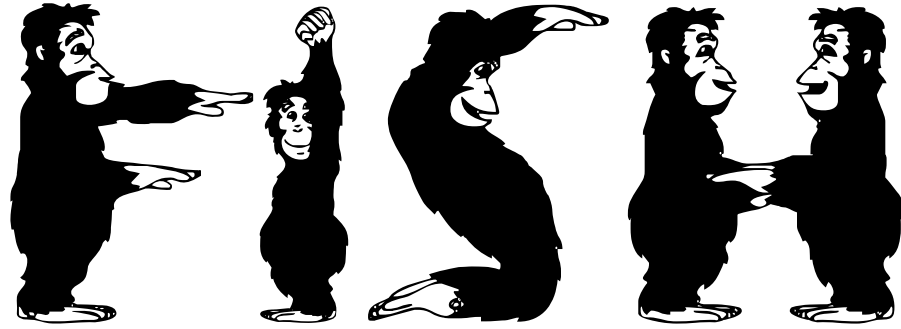
www.mindmatters.com



Creating a common body language through movement for all kids

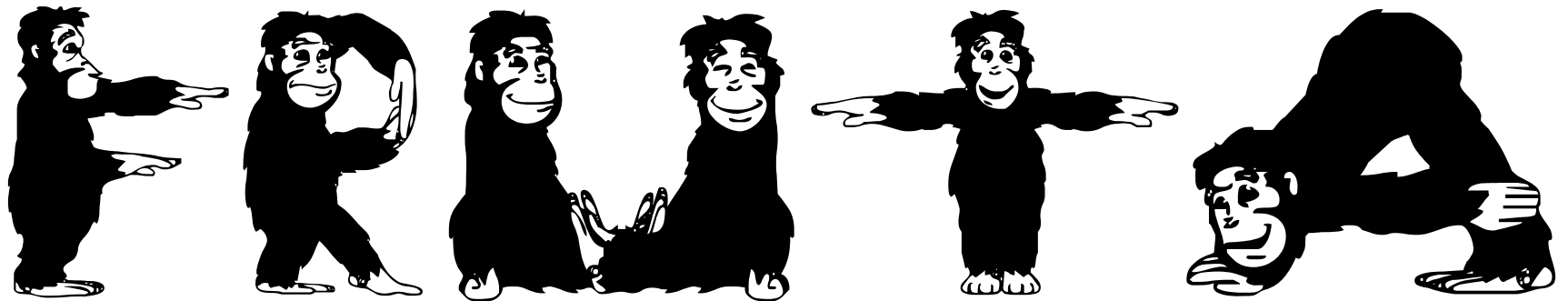
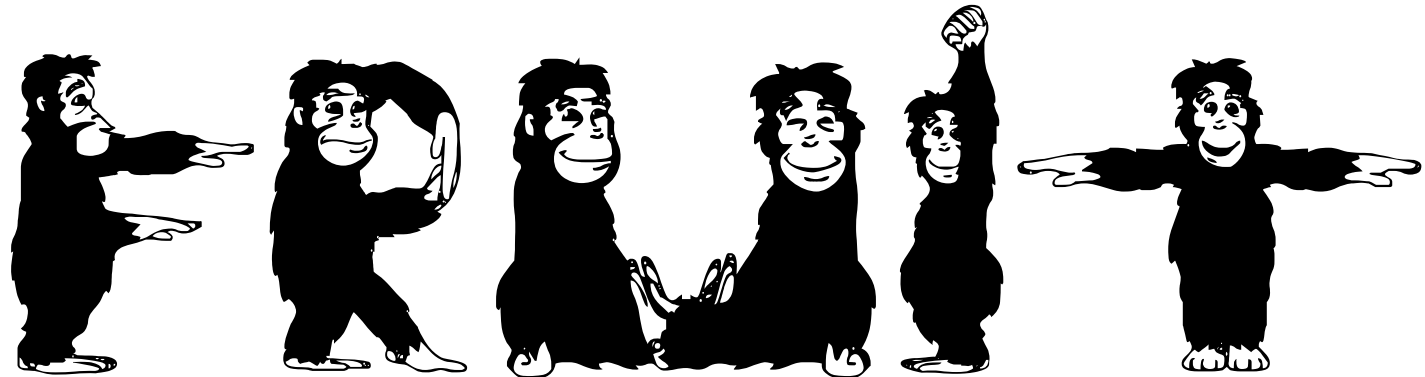


FISH



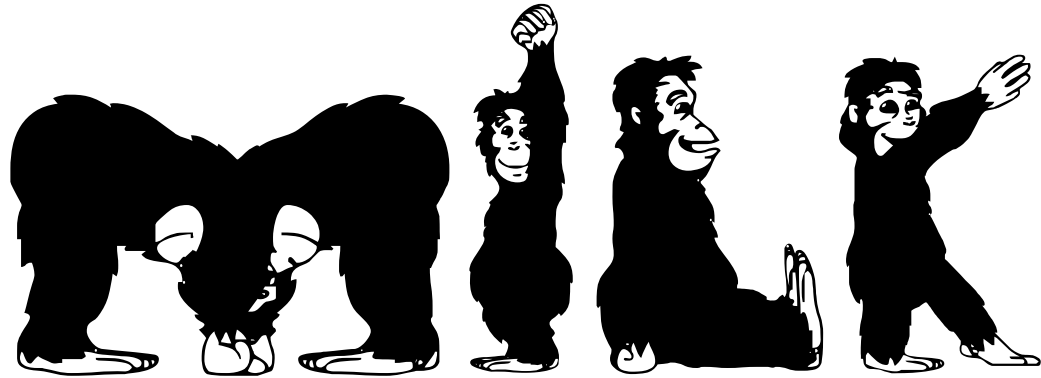


FRUIT

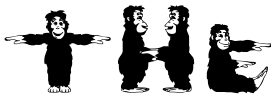
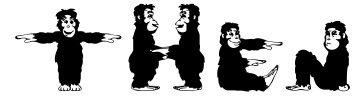
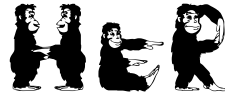
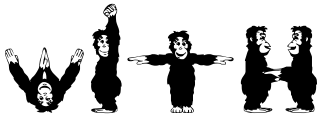
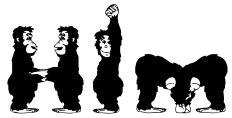
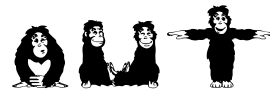
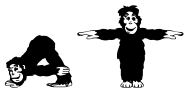




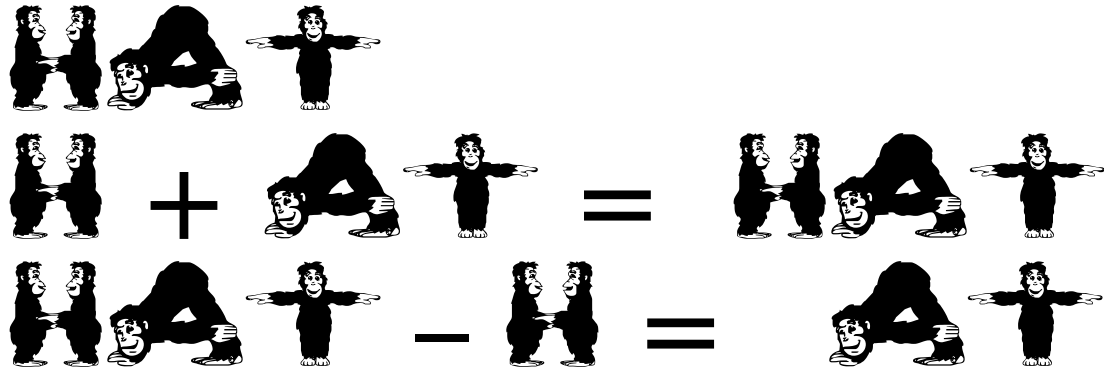
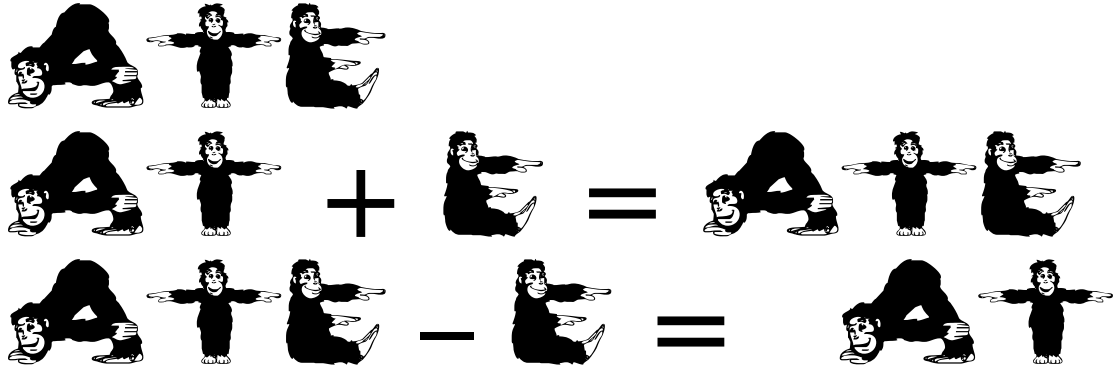
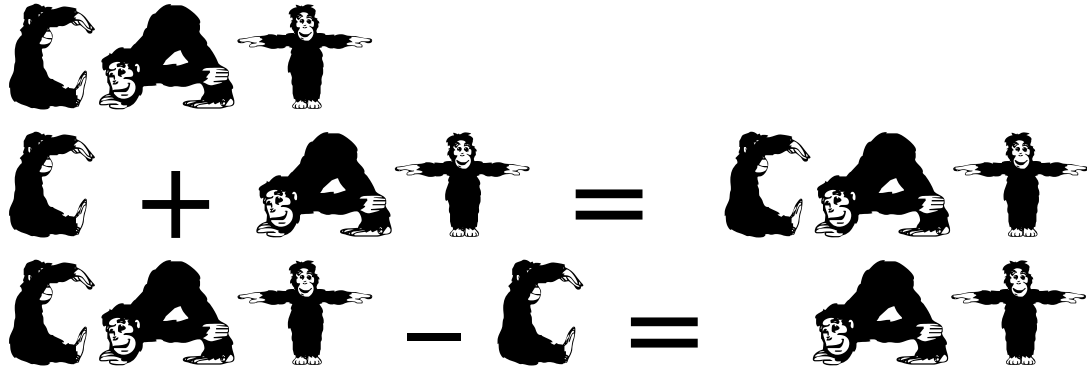
MILK



SIGHT WORD WORKOUTS



ALPHABET MATH



Refrigerator Bee Weekly WorkOuts



veggies **VEGGIES**

potato **POTATO**

okra **OKRA**

pork **PORK**

tofu **TOFU**

yogurt **YOGURT**

fruit **FRUIT**

yucca **YUCCA**

milk **MILK**

eggs **EGGS**

cheese **CHEESE**

apple **APPLE**

banana **BANANA**

orange **ORANGE**

grape **GRAPE**

berries **BERRIES**

mango **MANGO**

papaya **PAPAYA**

fish **FISH**

meat **MEAT**

poultry **POULTRY**

nuts **NUTS**

beans **BEANS**

rice **RICE**

corn **CORN**

carrots **CARROTS**

taro **TARO**

kale **KALE**

potatoes **POTATOES**

bread **BREAD**

pasta **PASTA**

cereal **CEREAL**

grains **GRAINS**

wheat **WHEAT**

tortilla **TORTILLA**

Words cast their letters' spell over our body.

To build healthy bodies and prevent obesity, learn to cast a nutritious spell.

- 1) Print out and post this menu of nutritious food words on your refrigerator
- 2) To eat and spell well, slowly exercise each word with your body until you spell it correctly. (Each word exercised = 3 points)
- 3) Share the words with your family. Email them to your friends. The one who earns 100 points first win the Refrigerator Bee.
4. Create more food words and repeat..

The Nature of Children's Words

love kiss laugh hug may

Children grow into the nature of their words

Healthy Word Diary

Spell these words

Musical words
Playful words
Love words
Nature words
Flower words
Thoughtful words
Questioning words
Magical words
Name words
Healthy food words
Textured words
Fragrant words
Color filled words

Dis-spell these words

Unkind words
Nasty words
Thoughtless words
Negative words
Arrogant words
Harsh words
Unhealthy words
Controlling words
Manipulative words
Angry words
Worrisome words
Tasteless words
Loud words

Get your friends & spell your daily words out with your body!

Words condition emotional responses, which in turn influence our body chemistry.

SAMPLE ALPHABET FITNESS ACTIVITY LOG SHEET

Participant Name: _____ Date Started: _____

Date Completed: _____

Week 1	Activities	# of Minutes or Podometer Steps
Mon	Introduce kids to Alphabet Yoga	20
Tues	(Print out letters as 8x11 flash cards)	
Wed	Exercise letters A - H	20
Thurs		
Fri	Exercise I - P	20
Sat		
Sun		
Week's total:		60
Participant Signature: _____		Date: _____

Week 2	Activities	# of Minutes or Podometer Steps
Mon	Exercise Q - Z	20
Tues		
Wed	Exercise all sit down letters	20
Thurs	C, E, G, J, L, N, Q, S, U, V, W, Z	
Fri	Exercise all stand up letters	20
Sat	and letter buddies	
Sun	A, B, D, F, G, H, I, K, M, O, P, R, T, U, X, Y	
Week's total:		60
Participant Signature: _____		Date: _____

Week 3	Activities	# of Minutes or Podometer Steps
Mon	Do children's initials	20
Tues		
Wed	Do arm WorkOut letters	20
Thurs		
Fri	Do leg WorkOut letters	20
Sat		
Sun		
Week's total:		60
Participant Signature: _____		Date: _____

Week 4	Activities	# of Minutes or Podometer Steps
Mon	Do AF Team spelling bees™	20
Tues	ie. kids take turns teaming up to	
Wed	spell out <i>it, to, go, fun, mom,</i>	20
Thurs	etc. with their bodies	
Fri	Print out simple Word Wall	20
Sat	WorkOuts™ for the kids to	
Sun	exercise. Copy & send home.	
Week's total:		60
Participant Signature: _____		Date: _____

Wellness Programs (Alphabet Fitness & Yogacise) help child care providers comply with the following Sections of EEC's 2010 licensing regulations:

7.05 Interactions Among Educators and Children.

The following requirements apply to all programs, including family child care, small group and school age and large group and school age child care.

- (1) Educators must be responsive to children's individual needs and support the development of self-esteem self-expression, autonomy, social competence, and school readiness.
- (2)(d) recognizing signs of stress in children's behavior and responding with **appropriate stress-reducing activities.**
- (4) Educators must support children in the development of social competence by interactions among educators and children:
 - (a) promoting interaction and language use among children and between children and adults by talking to and with children frequently
 - (b) encouraging children to share experiences and ideas
 - (c) modeling cooperation, problem-solving strategies and responsible behavior for children
 - (d) assisting children in learning social skills such as sharing, taking turns, and working together
 - (e) encouraging children to listen to, help, and support each other
 - (g) helping children to understand and respect people different from themselves
 - (i) helping children to learn effective ways to deal with bullying, teasing, or other forms of intolerance
- (6) Educators must have a method of communicating effectively with each child.

7.06 Curriculum and Progress Reports

The following requirements apply to all programs, including family child care, small group and school age and large group and school age child care.

(1) Curriculum

- (a) The licensee must provide a well-balanced curriculum of specific, planned learning experiences that support the social, emotional, physical, intellectual and language development of all children. The curriculum must:
 1. **be developmentally and linguistically appropriate**
 3. support school readiness and/or educational development
 4. include goals for the knowledge and skills to be acquired by children in the areas of English language arts...
- (b) The licensee must have evidence of a plan describing how program activities support and engage children through specific learning experiences. Such plan must be appropriate to the ages and development of the children served, to the length of the program day and to the program objectives. As appropriate, children must participate in the development of the plan, and the plan must provide for:
 3. opportunities for children to participate in a variety of creative activities, such as art, music, literature, dramatic play and science, encouraging exploration, experimentation and discovery
 4. daily indoor and outdoor time periods, weather permitting, which include both small and large muscle activities
 5. **at least 60 minutes of physical activity in full day programs**
 6. opportunities for children of all ages to interact with peers and adults to develop competence in verbal and nonverbal communication by responding to questions; communicating needs, thoughts, and experiences; and describing things and events



7.09 Educator Qualifications & Development

- f) Professional Development. Educators in family child care must complete ten hours of professional development activities per year. **At least one third of the required professional development must address diverse learners.**



The White House hereby presents this
PRESIDENT'S CHALLENGE AWARD

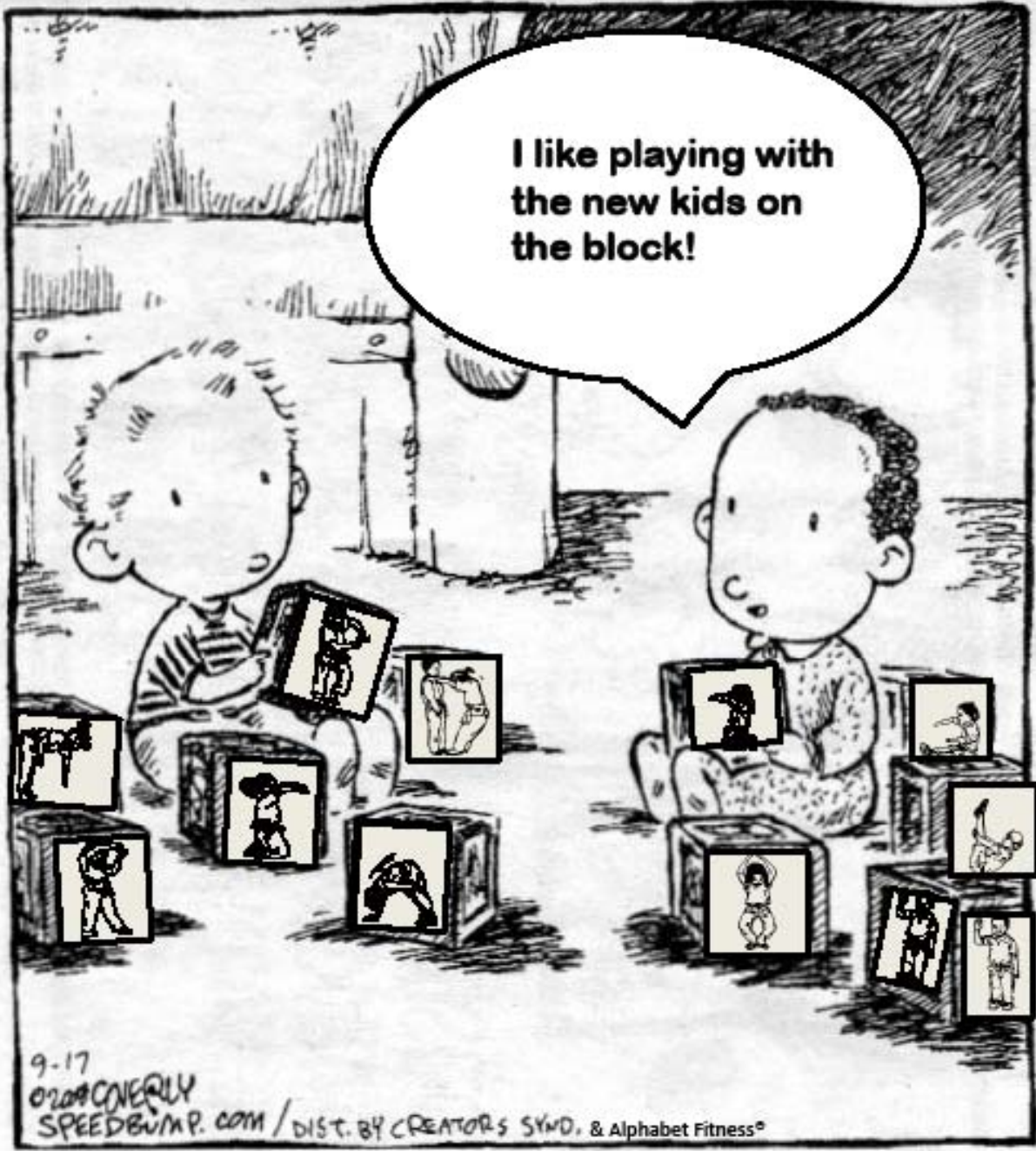
to _____ for having successfully completed
the requirements of the President's Active Lifestyle Award (PALA)
through Alphabet Fitness® activities.

We thank you for your part in creating a healthy, vital nation.

Michelle Obama, First Lady

Date





I like playing with
the new kids on
the block!



© 2011
Wellness, Inc.

To grow, read, write, spell, and be well, Alphabet Fitness invites all kids to

1. Exercise anatomically-linked ABCs
2. Practice playful Alphabet WorkOuts

For your free Chimpanese® font email kvoght@alphabetfitness.org