#NCSconnects Virtual Activity

**Activity:** ABC Movement for Spring

**Category:** Health and Wellness

**Suggested Grade Level:** Grades 1-3

**Description:** Practice your reading skills and use your knowledge of animals to act out each movement.

**Instructions:** Using the list below, read each phrase and complete each springtime movement:

- **A is for Ant** March like an Ant.
- **B is for Butterfly** Flap your wings like a Butterfly.
- **C is for Caterpillar** Wiggle your body like a Caterpillar.
- **D is for Dragonfly** Make your body look like a Dragonfly.
- **E is for Egg** Make your body small like an Egg.
- **F is for Fish** Use your arms as fins to swim like a Fish.
- **G is for Grow** Grow like a spring flower.
- **H is for Hop** Hop like a bunny.
- **I is for Inside a cocoon** Make your body small like a cocoon.
- **J is for Jump** Jump like a frog.
- **K is for Kite** Move like a Kite in the sky.
- **L is for Lake** Paddle like a duck on a Lake.
- **M is for Move** Move like a fish.
- **N is for Nest** Sit like you’re on a nest of eggs.
- **O is for Owl** “Hoo” like an Owl.
- **P is for Pond** Be still, like a pond.
- **Q is for Queen Bee** “Buzz” like a Queen bee.
- **R is for Rabbit** Hop like a Rabbit.
- **S is for Snake** Slither like a Snake.
- **T is for Tadpole** Wiggle like a Tadpole.
- **U is for Umbrella** Dance in the rain with your Umbrella.
- **V is for Vine** Reach to the sky like a growing Vine.
- **W is for Wings** Flap your Wings like a bug.
- **X is in Fox** Pose like a fox.
- **Y is for You** You choose a pose!
- **Z is for Zero** You did all of the poses! Pat yourself on the back!