S.M.A.R.T. Name Game

Spell out your name and complete the activity for each letter. For greater challenge, spell middle and last name and/or family members’ names.

A Creep like like a dog from the living room to your bedroom.

B Spin for 10 seconds and then freeze for 10 seconds.

C Do a heel-toe walk from the couch to the kitchen sink.

D Balance on your right foot and count to 8.

E Pencil Roll across the living room 3 times.

F Do an Alligator Crawl down the hall.

G Hop on one foot and count to 5.

H Lie on your tummy and fly like Superman and count to 9.

I Creep like a dog from the living room to your bedroom.

J Cross Pattern Walk from the refrigerator to your bed.

K Jump up and down 10 times.

L Do an Alligator Crawl down the hall.

M Cross pattern walk from the refrigerator to your bed.

N Do 6 toe touches.

O Balance on your left foot and count to 8.

P Creep like a dog from the living room to your bedroom.

Q Flap your arms like a bird 20 times.

R Pencil Roll across the living room 3 times.

S Do a heel-toe walk from the kitchen table to bathroom.

T Spin for 10 seconds and then freeze for 10 seconds.

U Do an Alligator Crawl down the hall.

V Walk backwards from the stove to the table.

W Gallop like a horse down the hall.

X Do 10 toe touches.

Y Hop like a frog 7 times.

Z Side step and count to 10