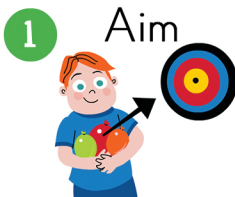




# ALPHABET MOVEMENT CALENDAR

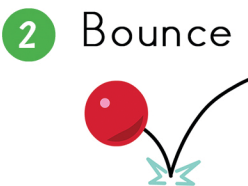
## BENEFIT

## BOOK RECOMMENDATION



Aiming improves hand-eye coordination.

**The Eye Book**  
by Dr. Seuss



Bouncing a ball develops gross motor skills like balance and coordination.

**Bounce**  
by Doreen Cronin



Cleaning up after yourself teaches responsibility through movement.

**The Berenstain Bears and the Messy Room**  
by Stan and Jan Berenstain



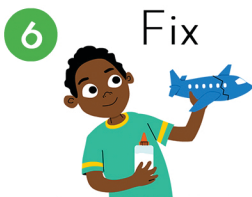
Digging builds arm strength and coordination.

**Diary of a Worm**  
by Doreen Cronin



Eating vegetables improves energy, concentration, and mood.

**Eating the Alphabet**  
by Lois Ehlert



Fixing items develops fine motor skills.

**Fix-It Duck**  
by Jez Alborough



Giggling reduces stress and helps your body fight off sickness.

**If You Laugh, I'm Starting This Book Over**  
by Chris Harris



Hopping strengthens leg muscles and balance.

**Hop on Pop**  
by Dr. Seuss



Inhaling slowly increases relaxation.

**Breathe Like a Bear**  
by Kira Willey



Jogging makes your heart healthier and builds strong muscles and bones.

**We're Going on a Bear Hunt**  
by Michael Rosen



Kicking increases lower body strength.

**Kick It, Mo!**  
by David A. Adler



Looking closely builds focus, attention, and observation skills.

**Look!**  
by Jeff Mack



Cooking and baking builds math skills and patience.

**Stir Crack Whisk Bake**  
by Maddie Frost



Napping supports recovery and growth.

**The Napping House**  
by Audrey Wood



Opening a book and reading improves focus.

**Open Very Carefully**  
by Nick Bromley



Painting encourages creative expression.

**Mouse Paint**  
by Ellen Stoll Walsh



Asking questions helps your brain grow and get better at thinking.

**Questions, Questions**  
by Marcus Pfister



Roaring like a lion is fun and builds confidence.

**Roar!**  
by Margaret Mayo



Swimming is a full-body workout that builds endurance.

**Swimmy**  
by Leo Lionni



Tossing a football develops aim and coordination.

**Football With Dad**  
by Frank Berrios



Solving everyday mysteries strengthens problem-solving skills.

**Case Closed? Nine Mysteries Unlocked by Modern Science**  
by Susan Hughes



Playing hide-and-seek sparks imagination and movement.

**Where's Spot?**  
by Eric Hill



Whistling helps with developing speech and an ear for music.

**Whistle for Willie**  
by Ezra Jack Keats



Examining your surroundings can help you see things in new ways.

**X-Ray Me!**  
by Felicitas Horstschäfer



Yawning promotes relaxation and sleep.

**Everyone Is Yawning**  
by Anita Bijsterbosch



Zooming around like a race car encourages imaginative play.

**Zoom! Zoom! Sounds of Things That Go**  
by Robert Burleigh