



Communication, Language, and Literacy Activity for 54 to 60 Months

Jumping Jack Syllables

This high-energy activity combines large-muscle development with children's ability to hear and discriminate syllables in words.

Materials:

- None

What to do:

1. Teach the child to do a simple jumping jack. In a large, open area, start with legs together, knees straight, and arms down at sides. In one smooth movement, jump and land with feet spread apart, raise hands over the head and clap.
2. Remind the child a syllable is a separate count or beat in a word.
3. Exercise to the days of the week. On the first syllable, have the child jump and clap, returning to the starting position on the second syllable. For Saturday, the child will have three movements to the word, ending with his arms over his head.

Variation:

- Do jumping jacks to the months of the year. Which month had the most jumps? How many months had just one? You also can do jumping jacks to the child's name and his playmates' names.

