



DALLAS MOMS™

KINESTHETIC LETTER SOUNDS

A

Cry like a baby

B

Bounce a ball

C

Snip fingers like you are cutting

D

Dig dirt

E

Cup your ear like you can't hear

F

Flap fish gills on your cheek

G

Gulp water from a cup

H

Feel breath on hand

I

Scratch your arm like you feel itchy

J

Jump up

K

Kick

L

Lick a lollipop

M

Rub tummy

N

Wag finger like you are saying "no"

O

Clasp hands like an opera singer

P

Push outwards with hands

Q

Open & close your hand, as if "quacking"

R

Hook pointer finger like a pirate's hook

S

Slither hands like snake

T

Move pointer finger side to side, like tick-tock

U

Punch (lightly) in the stomach

V

With both fists, vroom vroom on a motorcycle

W

Wiggle middle 3 fingers

X

Open a soda can

Y

Scrunch nose and make a "yucky" face

Z

Zip up a jacket