Read and move

Read first. Make a small movement. Draw a movement mark after reading.

Choose only taught letter sounds. Seated, pretend or adult-led actions work too.

hop

My movement mark

jog

My movement mark

nod

My movement mark

hum

My movement mark

run

My movement mark

dig

My movement mark

Grown-up: hop once; jog/run in place; nod once; hum briefly; pretend to dig.