



Alphabet Workout Training

Schedule a free one hour training
in the Denver metro area
Call 303-358-8187 for information and scheduling.

www.AlphabetWorkout.com

The Alphabet Workout

4 Sample Lessons

Teach letters m,s,a,t
Teach word building, blending, decoding
Teach handwriting
Teach spelling
Read words
Read sentences

Ages 3-5



THE ALPHABET WORKOUT
www.alphabetworkout.com

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Twirl, wiggle, and fly into reading success. This exciting new method of introducing children to letter sounds capitalizes on the young child's love of movement, his excitement about learning to read, and his hunger for new information. Have fun while introducing your child to the joys of reading!



Teaching the Letter "M"

So, how do you begin? First, cut the letter page along the dotted lines into four separate flash cards. We are going to begin with the letter "m". Read the story, in bold, to your child while you show him/her the card with the letter "m".

Miss Caterpillar had been out crawling on a tree branch munching on leaves when the sky began to darken. The wind began to blow and a jagged streak of lightning shot out of the clouds with a loud crack. Miss Caterpillar shivered. "I'm so cold," she said as she began to spin a warm blanket of threads for herself. Soon she was wrapped in a new warm chrysalis. It was so warm and snugly inside that she fell fast asleep. While Miss Caterpillar slept, something wonderful began to happen to her body.

One bright sunny day, Miss Caterpillar woke up. She poked a hole in her chrysalis and stuck her head out. She pulled her body through the hole and rested on the chrysalis. In the warmth of the sun, she began to shake herself dry.

Magically, two huge black and yellow wings spread out, and a beautiful butterfly appeared. Miss Caterpillar had changed into a butterfly!

The new Miss Butterfly flew to the nearest flower to sip the nectar. "Mmmm," she hummed. "Mmm! How sweet! Mm! How delicious!

order and saying the sounds faster and faster until the word "Sam" is said. Repeat the same procedure for the words "at," "mat," and "sat." Write this sentence on a piece of paper: "Sam sat." Help your child figure it out. Figure out "Mat sat."

Praise your child for his/her accomplishment. Your child has just read his/her first sentence and is on the exciting journey to reading success.

Spelling

Spelling is the final component of a good reading program. Spread the four letters out in front of your child. Say the word "mat". Ask your child to find each letter as you say one sound at a time. Have your child lay out the letters in the correct sequence. Finally, have your child write the entire word, either tracing your letters, or writing it on his/her own.

What an amazing journey you have begun!

Give your child the gift of reading. It's a gift that will last a lifetime!

Mary Forhan is a reading specialist and a teacher trainer. She has a master's degree in reading from the University of Illinois and has over 35 years of teaching readers of all ages. She is co-creator of *The Alphabet Workout* program with Darcie Frohardt. Darcie currently teaches kindergarten in the Cherry Creek School District. She is also a teacher trainer. For more information about this reading program visit www.AlphabetWorkout.com.



throat. "Tip your head back, open your beak, and say /ă/," says the vet. Oliver opens his beak wide and says, "/ă/." The vet looks down Oliver's throat with a little flashlight. He picks up a tweezers, and reaches in to pull out a tiny feather. "Now, say /ă/ again." "/ă/ says Oliver. Then he smiles. "You fixed it. My throat doesn't hurt anymore!"

Let's pretend that I am the vet and you are Oliver Owl. Stick out your tongue and say, "/ă/." (Your child should repeat the sound several times as you are pretending to examine his throat. Then pretend to pull out a feather and ask him to say the sound one more time to make sure his throat is clear.) Reverse roles and let your child be the vet while you are Oliver Owl.

Sing this song to the tune of "Skip to My Lou."
Exaggerate sticking out your tongue.

/ă/, /ă/ Owl's at the vet.

/ă/, /ă/ Owl's at the vet.

/ă/, /ă/ Stick out your tongue.

Stick out your tongue, say, "/ă/."

Have your child trace over your writing of the letter "a" while repeating /ă/ each time.

The sound of this letter is /ă/. The quick action for this letter is tipping the head back slightly while resting the tongue on the lower front teeth and lip. Say /ă/.

Once your child has heard and dramatized all the stories and written the letters, you will want to practice with the flashcards to build a quick automatic response to each letter card. Show the card and have your child say the sound while doing the action.

Word Building

Building words with the sound cards is the fun next step in the process of learning to read. Lay out the "a" and "m" cards next to each other and ask the child to say one then the other with you, going faster and faster, until you say the word "am." Praise him or her for reading their first word! Next place the "s" card in front of the "a" and "m" cards. Repeat the process pointing to each sound in

Do you see Miss Butterfly in the shape of the letter "m"? She is stretching out her wings to dry them in the sun. Then she flies off to search for food.

After reading the story, you will want to dramatize it with your child. **Let's pretend we are caterpillars munching on leaves.** (Crawl on the floor and pretend to chew.) **Now the wind is blowing. Brrr. It's so cold.** (Shiver.) **Let's spin blankets to keep us warm.** (Stand and turn slowly around.) **It's so warm in here. I'm getting sleepy.** (Pretend to sleep.) **Wow! I slept a long time. I feel funny. I wonder what it's like outside of my nice warm blanket.** (Pretend to poke a hole and pull yourself out. Stretch your arms out to the sides and slowly move them up and down like butterfly wings.) **I'm not a caterpillar anymore. I'm a butterfly. Hooray! I can fly!** (Fly around the room.) **But now I'm getting hungry.** (Have juice in a cup with a straw available. The straw represents the butterfly's proboscis and the juice represents the flower nectar.) **Mmmmm.** (Fly around and come back to sip again and again.) **Mmmmm. What sound does this letter make? Mmmmm.**

Sing this song to the tune of "If You're Happy And You Know It". Rub your stomach in circles as if saying, "mmmm, delicious."

Miss Butterfly sips nectar from the flowers. /mm/, /mm/.

Miss Butterfly sips nectar from the flowers. /mm/, /mm/.

She sips nectar by the hour

As she hums from flower to flower.

Miss Butterfly sips nectar from the flowers. /mm/, /mm/.

Show your child how to write the letter "m" with rainbow writing. Have him or her trace over your large letter ten times with different colors and say, "mmm," each time.

The sound of this letter is /m/. The quick action for this letter is rubbing your stomach in a circular motion while saying, "mmm."



Teaching the Letter "S"

The second letter you will teach your child is the letter "s". Remember, you are teaching letter *sounds* rather than letter *names*.

This is Mother Snake in the shape of the letter "s."

Mother Snake slithered out from behind a large rock.

"Sssss," she hissed as she blinked in the bright sunshine.

"Sssss," she hissed again as she called to her babies. "It's ssssafe."

Five little snakes slithered out from behind the rock hissing, "ssssss."

Let's pretend that I am Mother Snake and you are the baby. (Slither across the floor like a snake and hiss.) **Sssss.** (Ask your child to slither across the floor toward you and hiss.) **Sssss.** Reverse roles.

Sing this song to the tune of "Here We Go "Round the Mulberry Bush". Wiggle hands together out away from the body in a snake-like motion.

Mother Snake slithered

Out of the ground

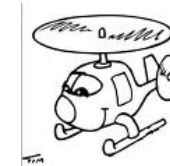
To see what she could see.

/s/, /s/, /s/, /ssss/

It's safe. Come out with me.

Show your child how to write the letter "s", and trace it ten times saying, "ssss" each time. The sound of this letter is /s/. The quick action for this letter is a snake-like motion, hands together, weaving your arms out away from your body.

Review the letters "m" and "s," showing the two flash cards and asking for the *sounds* and quick actions of each.



Teaching the Letter "T"

The third letter you will teach your child is the letter "t". Continue to focus on the letter *sound* rather than the letter *name*.

This is Maria in the shape of the letter "t". She is pretending to be a helicopter. She stretches out her arms and spins around. "/t/, /t/, /t/." As she twirls, Maria sings to make the sound of the spinning blades. (Sing to the tune of *The Wheels on the Bus*)

The helicopter blades tap /t/-/t/-/t/.

/t/-/t/-/t/, /t/-/t/-/t/.

The helicopter blades tap /t/-/t/-/t/.

As they twirl round and round.

Let's pretend to be helicopters. (Twirl around singing the above song with arms outstretched.)

Again, have your child trace over the letter "t" while repeating the sound /t/ each time. The quick action for this letter is holding your arms out to the side while saying /t/.

Review all three flash cards, checking your child's retention of the three sounds and actions.



Teaching the Letter "A"

The last letter you will teach your child is the letter "a". It has two sounds, but in this lesson, you will only focus on the short sound /ă/ as in the word at.

This is Oliver Owl in the shape of the letter "a". He is at the vet's office because something got caught in his