



“WORD RUN”

INSTRUCTIONS:

- 1: Start with two pieces of paper with the entire alphabet on it in a random order
- 2: Set up the papers at least 12 feet apart from each other
- 3: Run back and forth to “spell a word” touching one letter each time
- 4: To add to the challenge you can time the runs, race, skip, or cross legged run (vestibular/visual systems, visual scanning, working memory and spelling skills)



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