Active Alphabet for toddlers

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Did you know that apes can make lots of different sounds like laughing, grunting, hooting, barking and screaming? Can you?

Aa

I can arch. I can bound. I can make an ape sound.

arch
applaud
accelerate
amble
I can balance on a bat with a blue bilby.

Did you know that bilbies sleep underground all day and only come out to play at night? Would YOU like that?
Did you know that crows can learn to talk? That’s smart isn’t it?

If I climb... I can catch a cranky crow.
I love to dance with a dashing dinosaur.

Did you know that the biggest dinosaurs were really slow runners? Are you a fast runner?

I love to dance with a dashing dinosaur.
Ee

I can be as energetic as an excited emu.

Did you know that emus can’t really fly? What do you think about that?
I want to follow that fancy flamingo. Did you know that flamingos have really, really, really long toes to help them balance on one foot? Can you do that?
I can go, go, go... faster than a goanna.

Have you ever climbed a tree?
I want to hang around with a happy hippo.

Did you know that a hippopotamus can open its mouth really wide ...wider ...wider ...WIDER? Can you?
I can spy with my eye... it's an ibis.

Did you know that an ibis has a long curved beak for digging in the dirt for its dinner? Do you dig in your garden?
Did you know that joeys love jumping into their mummies’ pouches for their afternoon naps? Now wouldn’t that be nice?

I want to jump into a pouch like a joey – but I think I'm too big.
I can kick, kick, kick, like a king size kangaroo.

Did you know that kangaroos are great swimmers but they don’t really like the water? Do you?
I can leap as lightly as a ladybird.

Did you know that ladybirds can fly a long, long way from their home?

Can you sing ‘Ladybird, ladybird fly away home…’?
I can march up a mountain with a very messy moose. Did you know that moose like to squish and squelch through the mud. Wouldn’t you just love to do that?
nap
nuzzle
nibble
nod

I can nod my head but NOT in bed with a nibbly newt!

Did you know that newts love to play hide-and-seek under leaves and logs? Peek-a-boo – where are you?
I can open my wings and glide like an owl.

Did you know that owls have fantastic hearing?

Do you think they could hear a mouse creeping on tippy toes?
I can perch like a plump pelican.

Did you know that pelicans have big baggy bills made especially for catching fish? Do you eat fish?
I can move quickly and quietly like a quoll.

Did you know that baby quolls often ride on their mummies’ backs? That must be fun.
I can roll and wriggle like a rascally raccoon.

Did you know that raccoons are little rascals who get into lots of mischief? YOU'RE not naughty are you?
I like to slide with a slippery seal.

Did you know that seals are great underwater divers? Do you think they wear goggles?
I can throw way over my toes, two turtles and a toad.

Did you know that turtles can swim as fast as you can run? Now, that's fast.
I'm upside down too, like an umbrella cockatoo.

Did you know that umbrella cockatoos love cuddling and chewing? Watch out – they might nibble your neck!
I can vanish like a vole – in a box or up a pole.
I'm going for a walk to catch a wiggly whale.

Did you know that whales love to make gigantic splashes in the water with their tails? Splish, splosh, splash.
I can extend and stretch
and make an X
(just like a Xenops)
I want to yell at a yellow yak.
I want to zig and zag like a zippy zebra. Did you know that zebras can run as fast as a car? Wow!
You may also be interested in these Queensland Government products …

The Queensland Government is committed to giving babies and young children an active start and instilling in them a positive attitude towards an active lifestyle.

Ideas to get kids active

The following resources will help you with ideas on how to include more activity into a child’s day.

- **Move Baby Move** - a booklet for parents that includes appropriate activities for babies as they develop
- **Active Alphabet** - consists of two booklets - one for parents and carers; and one for toddlers
- **Let's Get Moving** - a booklet for parents, teachers and early childhood carers that includes games and activities to help preschoolers get active.

**Daily Physical Activity - iPhone App now available!**

The *Daily Physical Activity Guide* is a ‘how to’ manual for early childhood professionals, primary and secondary teachers to help them incorporate physical activity into their daily teaching program.

It is also a quick and easy avenue for the general public to incorporate physical activity into their everyday lives.

The app is free for download through iTunes and emphasises the ‘fun’ aspect of physical activity.

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This toddler book is designed to be used with Active Alphabet for parents.