

# Alphabet Stretches

Early Elementary / Foundation House  
Classes 5 - 7)



## Revise (A Pestalozzi Approach)

### Instructions to Participants:

The facilitator demonstrates and the participants practise the exercise for each letter of the alphabet. Participants may come up with their own exercises for various letters. Participants may also choose to work in pairs to create a single letter.

**Version 1:** Participants in turn say a word associated with Pestalozzi. All the participants do the alphabet exercise for the first letter of that word. For example a student says 'Stans', and all the participants do the letter S exercise.

**Version 2:** The facilitator asks the participants questions. Participants in groups present the answer using the alphabet exercise. For example the teacher asks 'What was the name of the first home Pestalozzi owned?' Six students make the word 'Neuhof', forming a letter each.

**Version 3:** A group of participants form a word for the rest of the participants to read. When the rest of the students have recognised the word, the group who formed it say a little about it. For example, the chosen word is 'Jean Jacques'. The group may say 'Jean Jacques was Pestalozzi's son. Pestalozzi kept a diary about educating him and realised that freedom and obedience are both important when educating a child. Jean Jacques was weak and suffered from epilepsy. He had one son and died when he was in his thirties.' Alternatively, the teacher can say a bit about each word formed.

**Version 4:** Participants stand in a large circle. The facilitator whispers the first letter of a word associated with Pestalozzi to a participant, the second letter to the next participant, the third letter to the next and so on as far round the circle as the word extends. The participants who are not involved in forming the word raise their hands when they have guessed the word. The facilitator chooses one of the participants to answer the question. Participants are asked what they know about the word or the facilitator tells the participant a little about the word. The new word starts from the participants who guesses correctly or from the participant standing next to the participant who formed the last letter of the previous word.

### Materials Needed

Alphabet Exercises Chart

### Alphabet Exercises Chart Taken from Widdowson, R. (1987)

