

ACTIVITY 2

Brain Break

**INTENT:**

Engage in a hands-on activity to help spur thoughts about what letter children first learn.

OUTCOMES:

Participants are reminded that alphabets is learned within meaningful interactions and familiar contexts.

**MATERIALS REQUIRED:**

For each tabletop:

- Bowl of Magic Foam Blocks (String can be substituted for foam blocks.)
- Cup of water for dipping foam blocks (No water necessary if substituting string for foam blocks.)



TIME: 10 minutes

**PROCESS:**

- Ask participants to find the Magic Foam Blocks and cup of water on their tabletop.
- Demonstrate how the blocks stick together if they are wet.
- Invite participants to form the letter that children first learn. (Allow 3-4 minutes to form letters.)
- Ask participants, “Did everyone make the same letter? What letters did you make? Hold them up.”
- Ask participants to raise their hand if they made the first letter of their own name. Share that there is no one letter that children learn first. In most cases, the letter children first learn is the first letter of their name.