Alphabet Activity Guide for Preschoolers

Use these A to Z activities to connect letter names, sounds, and formation through movement, sensory play, and hands-on practice. The guide is organized alphabetically so you can find an idea for the letter you are teaching.

How to use this guide. Begin with 5 to 7 minutes of direct teaching, then introduce the activity. Show capital and lowercase forms, model the target sound, and let children practice. Resource, video, and supply links appear below the activities.

A - Apples

Give each child an apple or a prepared apple portion. Model the short A sound in apple, then have children say the sound before taking a bite. Show capital A and lowercase a so children connect the sound with both forms.

Watch the activity

B - Balloon Bat and Ball

Invite children to take turns batting a balloon with a lightweight bat or their hands. Say “B says /b/” before each turn, emphasizing the beginning sound in balloon, bat, and ball.

Watch the activity

C - Car on Road

Give children toy cars and the C road letter. Have them drive along the letter while saying “C says /k/,” using the sound at the beginning of car. Talk about the shape as they follow the road.

Road Letters | Watch the activity

D - Donut Toss

Set out cones and inflatable donut rings. Children say “D says /d/” before taking turns tossing a donut onto a cone. Display capital D and lowercase d nearby.

Shop inflatable donuts

E - Elephant Ears

Write capital E and lowercase e on paper plates and place them on the floor. Children take turns wearing elephant ears and stomping beside the letters while saying the short E sound in elephant.

Shop elephant ears

F - Flashlight Fun

Prepare the Alphabet Flashlight Cards as directed in the resource. Children shine a flashlight behind the cards to reveal the hidden letters. Have them find F and say “F says /f/.”

Alphabet Flashlight Cards | Watch the activity

G - Glue Dots on G

Give each child a large G and a glue bottle. Children add small glue dots along the letter while saying “G says /g/,” as in glue. Once the glue dries completely, they can trace the raised dots with a finger.

Tactile Letter Tracing Cards | Watch how to make the cards

H - Hand Movement Bracelets

Use the H learning bracelet to review the letter and its sound. Children hold up their hands, move them, and say “H says /h/.” Wear the bracelets as a reminder to practice throughout the day.

Swift Learning Bracelets | Watch the bracelet video

I - I Spy Lowercase

Use the lowercase I Spy Letters resource. Show children lowercase i, model the short I sound in igloo, and have them find and mark each i on the page.

I Spy Letters Lowercase | Watch the letter I activity

J - Jumping or Jingle Bells

Place a strip of tape on the floor as a starting line. Show a J card and have each child say “J says /j/” before jumping forward. For a seasonal option, shape a pipe cleaner into J, attach a jingle bell, and practice the sound before singing “Jingle Bells.”

K - Letter K Poem

Read the K poem aloud together. Give each child a copy and have them find and circle the capital K and lowercase k letters. Review “K says /k/” and listen for words in the poem that begin with that sound.

Alphabet Poems

L - I Spy Capitals

Use the capital I Spy Letters resource. Show children L and have them find and mark each capital L. Say “L says /l/” and name a few familiar words that begin with the sound.

I Spy Letters Capitals

M - Mud Writing

Place a scoop of chocolate pudding on each child's plate and call it "mud." Model how to form M, then have children write it with a finger. Smooth the pudding and try again while practicing "M says /m/."

N - Noodle Necklace

Paint rigatoni noodles ahead of time and let them dry overnight. Give children yarn or string and have them thread the noodles to make necklaces. Emphasize the /n/ sound in noodle and necklace, and invite children to think of other N words.

O - Trace Erase Try

Use the O cards from the Trace, Erase, Try! Pack in a reusable dry erase setup. Children trace O, erase it, and try forming it again. Connect the letter with the short O sound in octopus.

Trace Erase Try Pack

P - Playdough Press

Have children roll and shape playdough to form capital P or lowercase p. Practice "P says /p/" as they press and shape. Use the P environmental print poster to connect the letter with familiar print.

Environmental Print Alphabet Vertical

Q - Q and U Stickers

Give each child a Q sticker for one palm and a U sticker for the other. Have them clap their hands together while saying, "Q and U, they stick like glue!" Explain that Q and U usually appear together in the words children are learning, such as queen and quilt.

R - Rain Cloud

Draw a large cloud on butcher paper with raindrops containing a mix of letters. Include several capital R and lowercase r letters. Children find and color the R and r raindrops while practicing "R says /r/."

Watch the rain cloud activity

S - Sticker Letter S

Use a capital S or lowercase s page. Children place stickers along the letter, following its curves. Practice "S says /s/" as they work, and connect the sound to the word sticker.

Sticker Letters Lowercase | Sticker Letters Capitals

T - T Coloring Page

Use the T alphabet coloring page. Identify the letter, practice "T says /t/," and name the pictures together. Have children color the letter and pictures while listening for the beginning sound.

Alphabet Coloring Pages

U - Fine Motor U

Use the U page from Alphabet Fine Motor Magic. Children cover the letter with mini erasers or other suitable manipulatives. Talk about the letter's shape and practice the short U sound in up.

Alphabet Fine Motor Magic

V - Volcano Demonstration

Make a large playdough volcano and let it dry. Place baking soda and a little red food coloring in the crater. Have children say "V says /v/" before you pour in vinegar and watch the eruption together.

Watch the volcano activity

W - Weather Word Web or Water Writing

Create a weather word web on a large sheet of paper. Invite children to suggest weather words as you write them, then look for W and practice /w/. Alternatively, give children brushes and water to write W on a sidewalk or chalkboard.

Watch the weather activity

X - X Marks the Spot

Use the X page from Alphabet Artistry. Children trace the large X, write more X letters around it in different colors, and cut along the dotted lines. Practice the /ks/ sound heard at the end of box and fox.

Alphabet Artistry Uppercase Letters and Scissors

Y - Yellow Letter Hunt

Use the Y page from I Spy Letters. Give children yellow crayons or markers and have them find and color each Y. Emphasize the /y/ sound at the beginning of yellow.

I Spy Letters Capitals | Watch the I Spy resource video

Z - Hunt and Find

Use the Z page from Letter Hunt + Find. Children search for and circle the target letters. Review capital Z and lowercase z, and practice "Z says /z/" as they find each one.

Letter Hunt and Find