

## Letter Activities with Food: Free Video Series by Cullen's Abc's

By Cullen's Abc's

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Cullen's Abc's (<http://www.cullensabcs.com> ) has released a new, free video series "Letter Activities with Food." This video series is designed for children who are learning the English alphabet. Cullen Wood, founder of Cullen's Abc's, and her puppet, Gator, incorporate food to teach children interactively about each letter. There will be 26 videos in the series, one for each letter of the alphabet.

Each letter video covers three elements: viewing uppercase (capital or large) and lowercase (small) letters, sounding out the letters, and learning about food that starts with the letter. Children are shown a picture of an uppercase and lowercase letter, and together with Cullen and Gator make the letter's sound. Food that begins with that letter is used to reinforce the letter and develop other senses. Cullen describes the food and tastes it. Parents, teachers, babysitter and caregivers are encouraged to review the list of the foods (<http://cullensabcs.com/food-list-for-the-the-letter-activities-with-food-by-cullens-abcs-video-series/>), so their children can participate with the video. Of course, children don't have to have the food to learn and enjoy the videos.

"Learning letters is an important foundation for continued education. The more creative we can be in our teaching, the more receptive our children will be in their learning," states Cullen. "It's fun to offer different ways – such as letters with food – to reinforce a key learning. It's also a good practice when working with young children to try to work complementary skills into the main activity. We do this in the video series by illustrating shape recognition and polite manners."

The "Letter Activities with Food by Cullen's Abc's" video series was inspired by Kayvon Kordestani-Thompson, Kindergarten Teacher at Sartorette Elementary School in San Jose, California, USA.

Cullen's Abc's is pioneering the use of online video to distribute free child educational videos. There are videos for children to watch interactively with adults, and videos specifically for adults to watch for activity ideas. All videos and activity ideas stimulate young children's development at home and in the classroom. Cullen's Abc's has produced hundreds of educational and entertaining videos for young children and adults involved with young children. These videos have been viewed over a million times. A DVD and CD (<http://cullensabcs.com/dvds-cds/>) of the most popular videos and songs are available.

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Cullen's Abc's is the creation of Cullen Wood, who has been working with young children since 1994. She currently is a Preschool Teacher at St. Timothy's Lutheran School in San Jose, California. Cullen has also authored the article titled: "How to Select the Best Preschool for Your Child" – Inside Tips from a Preschool Teacher (<http://cullensabcs.com/category/article/>).

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