

Kirshner body alphabet

This body alphabet was inveted by Dr A Kirshner for Scouts to use.

Both Scouts and Guides have had great fun sending messages this way over the years

To form a letter, just hold your body in the position below. To make some of the letters you will need a stick such as a broom handle. Hold the stick upright when making the letters b, d and h but when want to make an a, hold the stick at an angle so that it looks shorter from the front.

