

Recharge!

Feather Words

Pretend you're a turkey. Use your tail feather to spell the words below. Print or cursive.

Words:

turkey
thanksgiving
pilgrim
mayflower
autumn

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River Rapids

Sit flat on the floor with your legs straight in front of you like you are in a canoe. Imagine that you are paddling along a wild river with big rapids. The rapids toss you from left to right. Be sure to switch your paddle from side to side. And don't let the rapids tip you over!

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Turkey Trot

Do the turkey trot! Step to the right. Step to the left. Turn around. Flap your wings. Jump up. Touch the ground. Turn around. Shake your tail feather.

Do it again, faster!

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Rake the Leaves

Stand up to rake the leaves. Reach up and lift the rake off the hook in the garage. Carry it out into the yard. Rake the leaves to your right into a big pile. Now rake the leaves in the left into the big pile. Reach as far as you can with your rake and bring in all the leaves. Is your pile ready now? It's time to jump in!

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Compass Rose

Point out which way north, south, east, and west are in your room. Everybody faces north. Jump once toward north. Continue facing north, but jump once toward the south (backward). Jump once to the east (right) and then west (left). Continue naming directions and having students jump once toward that direction.

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Turkey & Goose

Strut around the room like a turkey. Bend your knees, shake your feathers, bob your head. Then switch to a goose migrating for the winter. Flap your wings, crane your neck, and soar. Fly in a V with other geese if you want. Continue switching between turkey strutting and goose flying as time allows.

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Coach Commands

Listen to your coach. Say "Coach commands..." before each instruction.

Examples:

Tap your left knee with your right elbow.

Touch your right ankle with your left hand.

Draw circles in the air. Switch arms.

Tap your left shoulder with your right hand.

Use your right hand to throw a football left.

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Turkey Tells

Listen to Turkey. Say "Turkey tells you to..." before each command.

Examples:

Toss turkey feed over your left shoulder.

Lift your right knee and your left arm.

Touch your left ear with your right hand.

Touch your right foot to your left leg.

Cross your feet and jump to uncross.

Refresh!

Fact or Opinion?

Stand up. Listen to each statement. If it is fact, move to the left side of the room. If it is opinion, move to the right side of the room.

- *Pumpkin is the best kind of pie. (opinion)*
- *You should always have whipped cream on your pie. (opinion)*
- *There are about 2,000 calories in an 8 inch pumpkin pie. (fact)*

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Fact or Opinion?

Stand up. Listen to each statement. If it is fact, move to the back of the room. If it is opinion, move to the front of the room.

- *A female turkey is called a hen. (fact)*
- *Turkeys are beautiful animals. (opinion)*
- *Only male turkeys gobble. (fact)*

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Fact or Opinion?

Stand up. Listen to each statement. If it is fact, move to the left side of the room. If it is opinion, move to the right side of the room.

- *The first Thanksgiving was in Plymouth, Massachusetts. (fact)*
- *The first Thanksgiving was fun. (opinion)*
- *The first Thanksgiving was in 1621. (fact)*

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Fact or Opinion?

Stand up. Listen to each statement. If it is fact, move to the back of the room. If it is opinion, move to the front of the room.

- *The Macy's Thanksgiving parade is the best part of the holiday. (opinion)*
- *The Macy's Thanksgiving Parade happens every year in New York City. (fact)*
- *The parade route is 2.5 miles long. (fact)*

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Need more brain breaks? Visit our TpT store to get the entire collection of Thanksgiving Brain Breaks!

**Happy
Thanksgiving!**

