

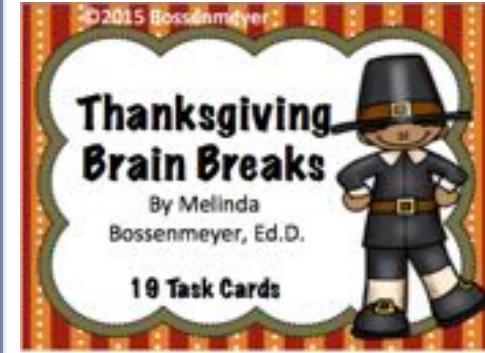
# Brain Breaks

By Melinda Bossenmeyer, Ed.D.



# Thanksgiving Brain Breaks

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## 16 Task Cards

8. Gallop around your desk.
9. Toe touches 10 times.
10. Walk around shaking hands and saying "howdy pilgrim".
11. Sing "My Country Tis of Thee"
12. Practice your tomahawk throw.
- BONUS 13. American Indian Song, Video of Native American Indian Game, and poster Native American Commandments.

1. Walk around saying "how" to greet others.
2. Alternating knee touches.
3. How many words can you make from "Thanksgiving"?
4. Do an Indian dance.
5. Do the pilgrim shuffle.
6. Alternating knee touches.
7. Slide Lf. & Rt.

Cut cards. Laminate. Hole punch the top left corner and put cards on a ring.  
Have students act out movements for 10 seconds each. You might consider letting a student read the cards.



Walk around the room and say hello or “how” the Native American way



Stand up and then touch knee to ground as pictured 10 times right side and change to left knee.

Grab a pencil and paper. How many words can you make out of Thanksgiving?



Scan the QR Code and Then Pick an Indian Dance to do (see QR code in packet).



Do the  
Pilgrim  
Shuffle  
(swing feet  
side, only  
one foot on  
ground).



Touch toe  
standing then  
use desk to  
bend and touch  
your knee to the  
ground 5 times  
Rt & Lf.



Hands on hips  
and slide right  
then switch and  
slide to the left 5  
slides.



Gallop around  
your desk.  
Switch lead  
feet.



Toe Touches 10 times



Walk around the room shaking hands saying, "Howdy Pilgrim".



Sing My Country  
My country, tis of thee,  
Sweet land of liberty,  
Of thee I sing:  
Land where my father's died,  
Land of the Pilgrims pride,  
From every mountain side  
Let Freedom Ring!



Do a Tomahawk throwing motion each hand 10 times with arm over head Lf and Rt.



## Music Suggestions

First Americans and so Proud

Go to top  
right "Listen  
to the Song"



Native  
American  
Dance  
Demo  
You Tube



Talk about the 10  
commandments  
of Indians

Lesson on  
Indian Hand-  
Eye  
Throwing  
Activity



# My Favorite Designers

By Mellinda Bossenmeyer Ed.D.



## For inspiration, unique clipart, fonts and frames.

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**DON'T MISS OUR HOLIDAY  
PE AND CLASSROOM PARTY ACTIVITIES**

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POSTERS  
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ARTICLES  
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