

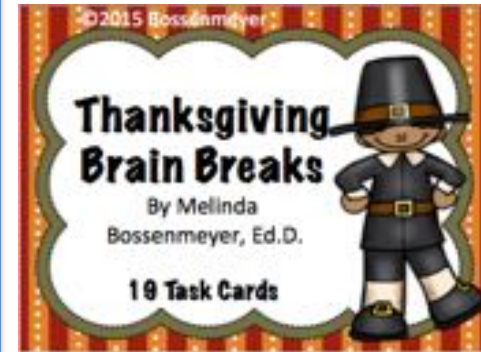


Brain Breaks

By Melinda Bossenmeyer, Ed.D.

Thanksgiving Brain Breaks

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16 Task Cards



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.

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.

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.



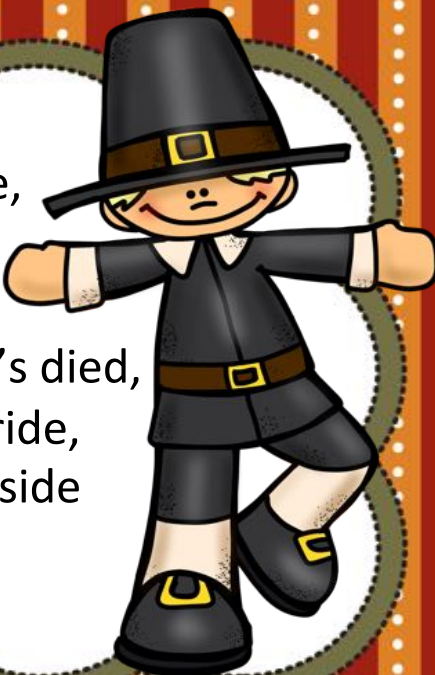
Toe Touches 10
times



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"

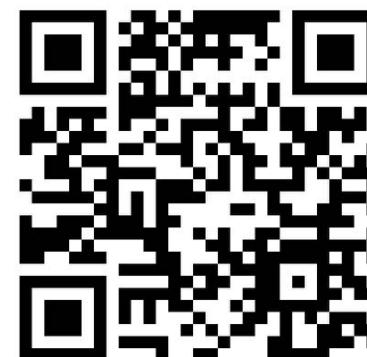


Native
American
Dance
Demo
You Tube



Talk about the 10
commandments
of Indians

Lesson on
Indian Hand-
Eye
Throwing
Activity





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By Melinda Bossenmeyer, Ed.D.

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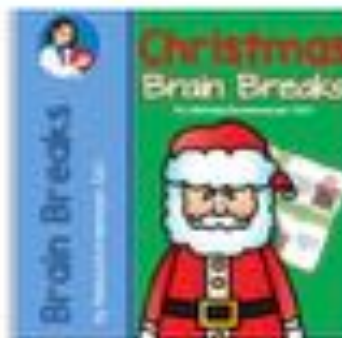
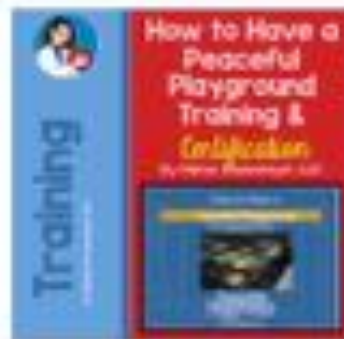
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