



Five Thanksgiving Movement Games Your Family Will Gobble Up

These fun Thanksgiving-inspired games will help your family get up and moving after enjoying your special Thanksgiving meal.



1 Move the Turkey Feathers Race

Materials Needed:

- A turkey baster or two
- Colorful feathers (or make your own out of paper)
- A small container or box

Instructions:

- 1) Find an open space to play. On one side of the room, place the feathers on the floor, and on the other side of the room, place a small container or box to collect the feathers.
- 2) Give your child the turkey baster and let him practice squeezing and releasing it (to blow a feather forward on the floor).
- 3) Your child should use the turkey baster to move the feather across the floor and into the container.



- 4) Set a time and see how many feathers you child can get into the container in one minute.

* If you have more than one child, you can create a race to see who gets all of their feathers into a container first. *

2 Turkey Bowling

Materials Needed:

- Large brown plastic cups
- Construction paper
- Plastic googly eyes
- Glue or tape
- A bowling ball (mini pumpkin, tennis ball, or other small ball)

Instructions:

- 1) Cut construction paper into feather shapes.
- 2) Turn plastic cups upside down and tape or glue feathers to the back of the cup.
- 3) Attach the googly eyes to the cup.
- 4) Use orange construction paper and cut out a turkey beak.
- 5) Tape the turkey beak below the eyes.

How to Play:

- 1) Arrange turkeys in a triangle at the end of a hall or against a wall.

- 2) Each player takes two tries to knock down all of the turkeys by rolling the ball.
- 3) Keep track of the number of turkeys knocked down.
- 4) Whoever has the highest score at the end of the round wins.
- 5) Or skip scoring and enjoy knocking over the turkeys.



3 Thanksgiving Turkey Ring Toss

Materials Needed:

- Paper plates
- Feathers
- Glue
- Turkeys from the bowling game or 3 water bottles/similar containers
- Scissors

Instructions:

- 1) Cut holes in the middle of three paper plates.
- 2) Glue feathers around the edges of the paper plate.
- 3) Give the feathers ample time to dry.

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How to Play:

- 1) Set the turkeys/ water bottles/or other container on the floor.
- 2) Begin tossing the feather on to the turkey.
- 3) See how many rings you can get onto your turkey.



4 Hot Potato

Materials Needed:

- Potato
- Music source (Radio, Alexa, Spotify, Pandora, etc.)

How to Play:

- 1) Simply turn on the music.
- 2) Pass the potato to the beat of the music until the music stops.
- 3) Whoever has the potato when the music stops is out.
- 4) Continue until there is one person left.

5 Autumn Movement Cards

Materials Needed:

- Autumn Movement Cards
- Dice
- Container or box

Instructions:

- 1) Print the Autumn Movement Cards.
- 2) Cut the Autumn Movement Cards into individual cards.
- 3) Place cards in a container or box.

How to Play:

- 1) Roll the dice.
- 2) Draw a card from the container.
- 3) Read the card and perform the action stated on the card.
- 4) Perform the action the number of times indicated on the dice.
- 5) Repeat until you have used all of the cards.





AUTUMN
MOVEMENT CARD



**Waddle Like
a Turkey**



AUTUMN
MOVEMENT CARD



**Pop Like
Popcorn**



AUTUMN
MOVEMENT CARD



**Sway in the
Wind Like
Leaves**



AUTUMN
MOVEMENT CARD



**Roll Like
a Pumpkin**



AUTUMN
MOVEMENT CARD



**Stretch Your
Arms Like a
Scarecrow**



AUTUMN
MOVEMENT CARD



**Swoop Like
an Owl**