

# Thanksgiving Challenge

**HOW TO PLAY:** PRINT AND CUT APART THE CARDS. DIVIDE THE GROUP INTO TWO TEAMS. PROVIDE EACH TEAM WITH PENCIL AND PAPER. FOLLOW THE DIRECTIONS FOR THE THANKSGIVING CHALLENGES ON THE 5 CARDS. SUPPORT EACH OTHER IN COMPLETING THESE FUN HOLIDAY TASKS.

## T h a n k f u l

Each team has one minute to list as many things that you are thankful for that start with the letter 'T'. Team with the longest list is the winner!



## Breathe

As you take a deep breath in think about how it feels to give.  
As you breathe out think about how it feels to receive.

Your team has 30 seconds to memorize the list of words. After 30 seconds write down as many as you can remember. Team who remembers the most items wins!

turkey	settlers	acorns
pilgrim	parade	feast
Mayflower	tradition	squash
leftovers	corn	apple pie
Native Americans		

## Thanksgiving themed YOGA poses

Mayflower-Boat Pose



Pilgrim - Mountain Pose



Cornucopia - Bow Pose



Pumpkin - Child's pose



Pumpkin Pie - seated forward fold with wide legs



Turkey - Goddess



## Orange You Grateful?

Pass around an orange or a small orange pumpkin or gourd. Pass it around the table or circle with your hands or make it more challenging by passing it with your feet. When you receive the orange item state "orange you grateful for....."

## Post Dinner Pumpking Workout

**P** is for 10 push ups.

**U** is for 10 up and down squats.

**M** is for marching in place for 30 seconds.

**P** is for plank position for 10 seconds.

**K** is for kick your legs for 30 seconds.

**I** is for invent an exercise.

**N** is for ninety seconds of running in place.



# Thanksgiving Challenge

## Thankful for

Inspiration from Kidding Around Yoga & Your Therapy Source

Graphics from 123rf & Canva

