

TURKEY TROT

Games with Safe Physical Distance

THE NIGHT BEFORE THANKSGIVING

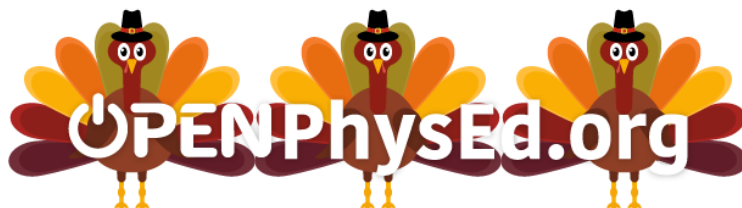
Objective: To practice listening skills and navigate different non-locomotor exercises and poses as a story clues you on what movements to perform as it is being told.

Set-up: Everyone is standing at a safe physical distance (at their own spots, their desks, or around a Thanksgiving table). Post THANKSGIVING Movements so everyone can see how to perform.

Description: Teach the students how to perform the THANKSGIVING movements. Instruct students to perform the correct movement when they hear the word-prompt associated with each movement.

All movements and the story can be found on the next 2 pages...

[\[YouTube Demonstration\]](#)



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THANKSGIVING MOVEMENTS

Turkey: Squat down with feet shoulder width apart, chest tall, and hands outstretched like long feathers.

Rock: Sit on knees and tuck hands, arms and head, safely under your body. If standing, squat down and put hands over your head.

Turtle: Sit on knees, put hands out in front and pick head up to look around. If standing, pretend to come out of a shell.

Frog: Crouch down with hands and feet on the floor jumping up and down like a frog, say, “RIBBIT!”

Rabbit: Pretend to be a rabbit bouncing or walking cautiously around.

Owl: Stand or squat down, turn heads very slowly side to side, ruffle wings (arms) from time to time and quietly make “hooooo, hooooo,” owl sounds.

Spaghetti: Lay flat on the ground or stand tall with hands and legs outstretched above head, straight and rigid.

Meatball: Start in a prone ‘laying down’ position. Sit up and hug knees in a sitting position. Or go from a standing to a crouched ball, hugging knees.

Taco: Lay on your back and place arms/hands and legs/feet straight up perpendicular to the ground. If standing, move feet out wide and place arms/hands straight out parallel to the ground.

Floppy Taco: Repeat the ‘Taco’ except the teacher counts down from 10 to 0. As the teacher counts down, slowly bring arms and legs to the ground, eventually resting arms and legs on the ground.

Moon: Stand with feet together, bend knees out and raise hands, palms together, above heads. Make a round shape like a full moon.



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THANKSGIVING STORY

On the night before Thanksgiving a **TURKEY** sat upon a **ROCK** wondering what to serve its guests for supper the next day. It planned to invite its friend **TURTLE**, who liked to come out of its shell for special occasions and **FROG** who was known to be loud and the life of the party. **TURKEY** also planned to invite **RABBIT**, who liked to nibble its food and bounce around and **OWL** who spoke slowly, but always knew what to say.

TURKEY really enjoyed eating **SPAGHETTI** but didn't have any **MEATBALLS** to serve. And as most people know, when eating **SPAGHETTI**, guests often expect **MEATBALLS**. **TURKEY** didn't want to be one of those hosts that serve **SPAGHETTI** without also giving guests the option of being able to eat **MEATBALLS**. So, because **TURKEY** had **SPAGHETTI**, but did not have any **MEATBALLS**, it decided to serve **TACOS**.

At the last party where **TURKEY** had served **TACOS** to its friend **FROG**, the **TACOS** grew cold and **TURKEY** had to put them in the microwave to warm them up. **FROG** watched the timer on the microwave from a distance and discovered that when you put **TACOS** in the microwave, the hard shells sometimes become soft. So **FROG** made it a game to count down with the cooking timer as the **TACOS** flopped to the floor and became **FLOPPY TACOS** (10 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1).

After **TURKEY**, who was sitting on a **ROCK**, thought about this all for a while, **TURKEY** looked up to the big full **MOON** and decided to choose what to serve to its guests in the morning.

SPAGHETTI..... **MEATBALLS**..... *The End*

