

Corn Husk

Stand up tall and put your arms above your head. Bring your arms down like you're pulling off the husks on a corn cob. Pull off the husks for 15 seconds.

Rake It Up

Take a pretend rake in your hand and pull the leaves toward you. Do this in all directions around your body making a full circle.

Slice of Pie

Put one arm up in the air and one out to the side. Slice both arms down to make your slice of pie. Make a full circle so you complete all slices.

Mash Potato

Bring both hands up by your shoulders. Push one hand down at a time and mash the potatoes for 15 seconds.

It's a Feast

Squat down like you are sitting in a pretend chair. Pretend to eat food and hold the chair pose for 15 seconds.

Turkey Waddle

Put your hands behind your head and spread your fingers like feathers. Waddle in place with your toes out to the side for 15 seconds.

Acorn Pop

Squat on the ground and then jump in the air making a star shape with your body and shout POP. Do this 10 times.

Leaf Float

Slowly lift your arms up and move side to side in slow motion. Start in a high position and move towards the ground like a floating leaf.

Leaf Pile

Pretend there is a big pile of leaves in front of you. Jump in it 10 times.

After Dinner Exercise

Jog in place while counting backwards from 20. Squat and jump high while counting backwards from 10.