November Brain Boosters

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

**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.

**Mayflower Voyage**
Sit on the floor with your legs straight. Paddle along from left to right. Be sure to switch your paddle from side to side! Count down from 15.

**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 like ground like a floating leaf.

**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.

**Turkey Trot**
Step to the right. Step to the left. Turn around. Flap your wings. Jump up. Touch the ground. Turn around. Shake your tail feather. Do it 2 more times!