



Thank you for visiting our website! We hope you enjoy this Thanksgiving-inspired download and have as much fun using it as we did creating it. Wishing you and your family a wonderful Thanksgiving filled with joy, gratitude, and togetherness. Happy Thanksgiving!

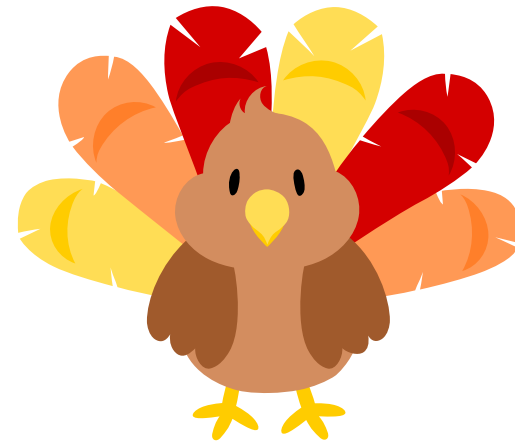
Disclaimer: These movement activities are designed for fun and gentle physical exercise. Please ensure adequate space to move safely and avoid obstacles. Always encourage children to move within their comfort level, and if they feel any discomfort, they should stop the activity. Supervision is recommended to ensure safe play. Not intended as a substitute for professional fitness or health guidance.

Blow the leaves



Turkey Breathing

Take a deep breath, puff up your cheeks like a turkey, then slowly "gobble" it out in small puffs. Repeat a few times, focusing on controlled, steady breaths



Sunflower breathing

Imagine you're a sunflower reaching up to the sun. Inhale deeply while reaching your arms up, then exhale as you gently lower your arms down, like a flower opening up to the sun.



Pumpkin Pie breathing

Imagine you're smelling a pumpkin pie! Take a deep inhale through your nose, filling your belly like a big, round pumpkin, then exhale slowly through your mouth.

