

# Get Moving

## Thanksgiving Day Games



## Get Moving Thanksgiving Activities for the Family

Encourage your family to fit activity into your holiday get together. Here are some fun games to get you and your family moving.

### Pumpkin Roll

#### Object of the Game:

Cross the finish line with your pumpkin first.

#### Needed:

- 2 sticks
- 2 large pumpkins (have some backup pumpkins for good measure)



#### Playing the Game:

Have 2 racers link up at a starting line. Position one pumpkin on its side in front of each racer. On the starting signal, racers use their stick to push the pumpkin down the race lane. First racer to finish wins. Team up for a relay.

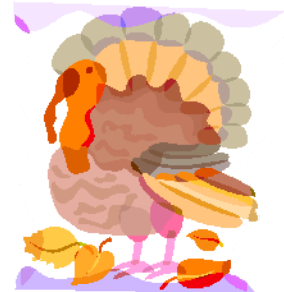
### Turkey Hunt

#### Object of the Game:

Find the most turkeys - great game for small children.

#### Needed:

- 10-20 pictures of turkeys, place stickers or draw pictures of turkeys on index cards



#### Playing the Game:

Pick one player to be leader. After all other players have left the room; the leader hides all the pictures around the room (or yard). On the starting signal, begin the hunt. The hunter with the most turkeys wins.

### Pumpkin Bowling

#### Object of the Game:

Knock over bowling pins.

#### Needed:

- (10) 2 liter bottles
- Several small pumpkins (approx. 6 in diameter)

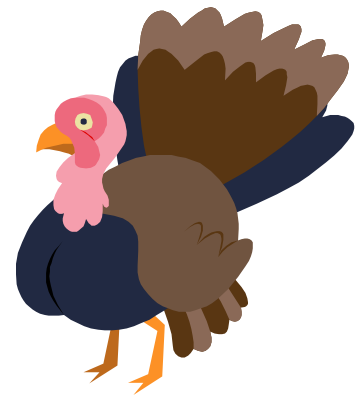


#### Playing the Game:

Set up the 10 pins/bottles in 4 rows (1 pin in row 1, 2 pins in row 2, 3 pins in row 3, 4 pins in row 4). Mark off a starting line on the lawn several feet (10 feet or more) from the pins. Give each player two tries to knock down the pins. Score as with bowling or make it easy 1 pin is 1 point. Most points wins.



# Walk for Clean Air!



Join Carolinas Clean Air Coalition in the  
**Carolinas' Thanksgiving Day Parade**  
**Thursday**  
**November 27 2008**

*Clear the Air for Kids!*

Children of all ages, parents, teachers, doctors, nurses and other concerned citizens will walk and ride bikes for clean air in Charlotte.

Register to walk with us today:

**[www.cleanschoolbusaction.org](http://www.cleanschoolbusaction.org)**

**Line– up 8:00am • Parade starts at 10:00am**

**Bring your bike or scooter! • FREE T-Shirt!**



Carolinas Clean Air Coalition is a non-profit initiative working to restore clean and healthy air to the Central Carolinas. Our Clear the Air for Kids! campaign works with local schools to reduce children's exposure to harmful vehicle emissions coming from cars and school buses.