

## In Home Activity Plans

### Week 35 November 8-14

**Thanksgiving Project: Don't forget to submit your thanksgiving project coming in a separate form. Check emails for that!**

#### Virtual Fieldtrips

1. Learning on Location Shenandoah National Park  
<https://www.youtube.com/watch?v=ljm4RIYgYiA>
2. Learning on Location: Blue Ridge Parkway  
<https://www.youtube.com/watch?v=PRUXqLMkk2k>
3. Learning on Location Great Smoky Mountain National Park  
<https://www.youtube.com/watch?v=J9ZucrQqobI&t=4s>
4. Learning on Location Alligator Farm  
<https://www.youtube.com/watch?v=GMEKhB6DhmM>
5. Learning on Location Clearwater Marine Aquarium  
<https://www.youtube.com/watch?v=toMFckbkS1w>

#### Fall recipes

1. Chocolate Chip Pumpkin Muffins <https://www.julieseatsandtreats.com/homemade-chocolate-chip-pumpkin-muffins-recipe/>
2. The Best Cornbread <https://www.iheartnaptime.net/sweet-corn-bread/>
3. Homemade Chicken Noodle Soup <https://www.eatingonadime.com/homemade-chicken-noodle-soup-recipe/>
4. Chicken Tortilla Soup <https://www.eatingonadime.com/crockpot-chicken-tortilla-soup-recipe/>
5. Cheesy Taco Sticks <https://iwashyoudry.com/cheesy-taco-sticks/>

#### Thanksgiving crafts

1. Thanksgiving Turkey Leaf Mason Jar Lanterns  
[https://rhythmsofplay.com/turkey-leaf-lanterns/?utm\\_medium=social&utm\\_source=pinterest&utm\\_campaign=tailwind\\_tribe\\_s&utm\\_content=tribes&utm\\_term=495591786\\_17383618\\_7884](https://rhythmsofplay.com/turkey-leaf-lanterns/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribe_s&utm_content=tribes&utm_term=495591786_17383618_7884)

2. Gratitude Pumpkin <https://coffeeandcarpool.com/celebrate-thanksgiving-with-gratitude-pumpkin/>
3. Beaded Pipe Cleaner Indian Corn <https://onelittleproject.com/beaded-pipe-cleaner-indian-corn/>
4. No-Sew Sock Turkey Craft <https://www.easypeasyandfun.com/no-sew-sock-turkey-craft/>
5. Preserving Leaves <https://buggyandbuddy.com/3-ways-preserve-fall-leaves/>

### Exercise seated

1. Wheelchair Yoga: Gentle Chair Yoga Routine  
<https://www.youtube.com/watch?v=FrVE1a2vgvA>
2. Fun Seated Workout <https://www.youtube.com/watch?v=nPhCNcJ8uJc&t=65s>
3. In Home Silver Sneakers Class Michael Jackson Music  
[https://www.youtube.com/watch?v=NWMqG\\_34X0M](https://www.youtube.com/watch?v=NWMqG_34X0M)
4. Energizing Chair Yoga <https://www.youtube.com/watch?v=ndAKjFUKEbl>
5. Seated Stretching and Relaxation in a chair  
[https://www.youtube.com/watch?v=KUNf\\_LpZMMM](https://www.youtube.com/watch?v=KUNf_LpZMMM)