



American
Heart
Association.



It's Indoor Recess Time!

Rain, snow or sleet making the sun not shine? That means it is indoor recess time! Stay active with this activity below from the American Heart Association.

Materials Needed:

- *Flash cards, if needed*

Activity: Divide and Conquer

This activity is a quiet way to move or act out your answers in math instead of them sitting at their desk.

How to Play

1. Have students stand on a start line.
2. Assign a movement or exercise like jumping jacks or lunges.
3. Read a math questions out loud.
4. The students answer the question by doing the exercise that many times. For example, if the leader said push-ups, what is 100 divided by 10? The students would do 10 push-ups.

Heart Fact of the Day: Children ages 4-8 should eat no more than about 3 teaspoons of added sugar a day. A can of soda can have about 9-10 teaspoons of sugar. In one year, most people drink enough soda and sugary drinks to fill a bathtub with sugar.