



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:*

- *Music to play during game*
- *Leader*

### **Activity: Mannequin Challenge**

Kids love the Mannequin Challenge! This is a fun spin off to incorporate the challenge into an indoor recess activity.

### **How to Play**

1. Assign a leader (or judge). They will begin by turning their back to the group.
2. Start playing music and instruct students to either move around or dance in their spot.
3. When the leader/judge turns around and yells "mannequin!", the music should stop and students should freeze. Students should hold their pose.
4. The first person that the judge sees move is out and has to sit down.

**Heart Fact of the Day:** The strong contraction of your heart creates enough pressure to squirt blood up to 30 feet.