



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:

- *No materials needed*

Activity: Move Like Animals

This activity is a great way for students to learn or refresh their memory about how animals move and keep moving in the classroom!

How to Play

1. Have students stand in the aisles or stand spaced out in an open space in the classroom.
2. Determine one student to be the leader, and have them stand in front of the class, facing the other students.
3. The leader will call out an animal and a movement. For example, "dogs swim" or "snakes slither". When a correct relationship is given, the class should mimic the movement stated. If it is not correct, they should not move.
4. Students that move for incorrect relationships should sit down and wait for the next round. The winner of this round will then be the leader for the next.

Heart Fact of the Day: The tubes which return blood to the heart are called veins. These veins empty blood into the atria. The veins which empty blood into the right atrium, bring blood from all parts of the body except the lungs. The left atrium collects blood from four veins that drain the lungs.