



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:

- *Spelling word list*
- *Per team, one Alphabet set of cards, magnets, or bottle lids with letters written on them*
- *List of movements*

Activity: Spelling Relay

This activity is a great way to add movement to your language arts center or lesson.

How to Play

1. Split the group into two teams or more if you have corresponding alphabet card sets.
2. Place the alphabet card sets on one side of the classroom and have the students line up in teams on the other side of the classroom.
3. Choose a movement, then announce the movement, as well as a spelling or site word. For example: crabwalk to spell heart.
4. The first student will crabwalk to the alphabet cards and find the letters to spell heart.
5. If the spelling is correct the team gets 2 points. If it is incorrect, the student can fix it and get 1 point.
6. Return all letters and repeat with the next student.

Heart Fact of the Day: Physical activity doesn't just build strong muscles—it strengthens your bones and can reduce symptoms of depression. Talk about a one-two punch!