



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:

- *Students in groups of two*

Greatest Cheerleader

This activity is a spin-off of the favorite game: Rock, Paper, Scissors. Students will cheer each other on during this exciting and fun activity while learning the importance of how to handle losing.

How to Play

1. Students break into groups of two.
2. While jumping in place to each word, students face each other and say "Rock, Paper, Scissors, Show!" one time.
3. On "Show" students reveal which item they have chosen between rock, paper and scissors.
4. Rock beats scissors, paper beats rock and scissors beat paper.
5. The loser of the round will then become a cheerleader for that round's winner and will stay with them for the next round. This continues each round until half of the class is cheering on one person and half is cheering on the other.

Heart Fact of the Day: Your heart is the strongest and most important muscle in your body. Your heart is sort of like a pump, or two pumps in one. The right side of your heart receives blood from the body and pumps it to the lungs. The left side of the heart does the exact opposite: It receives blood from the lungs and pumps it out to the body.