



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:*

- *Object from classroom (have fun with this!)*
- *Room for students to sit in a circle*

### **Activity: Pass the Object (you pick!)**

With this activity students will stay active while also having a tie in to a recent lesson plan.

### **How to Play**

1. Ask students to sit in a circle.
2. Give a student an object (pick something fun) and ask them a question relating to a current lesson.
3. Have the students pass the object clockwise. The student with the question has until the object makes it around the circle to answer.
4. If the student answers the question in time, whoever is holding the object when they answer must answer the next question. If they do not answer in time, they must do 10 jumping jacks (or another exercise of your choosing).

**Heart Fact of the Day:** Jumping rope is fun and good exercise. When you jump rope, you're working out the muscles in your upper and lower legs and your upper arms, building strength. You're also increasing the flow of blood through your body and speeding up your heart rate, which means you're also getting an aerobic workout.