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:**
- Die/dice
- Room for students to move

**Activity: Roll and Move**
This activity will absolutely get students moving and their heart rate up during indoor recess. It’s easy and fun!

**How to Play**
1. Have students space out in classroom.
2. Write on the board what movement correlates with each number on die/dice (either 1-6 or 1-12).
3. Roll die/dice once and that determines how many of the correlating movement they will do. Roll die/dice again to determine movement.
4. Examples:
   a. Roll a 1 – jumping jacks
   b. Roll a 2 – arm circles
   c. Roll a 3 – wall push ups
   d. Roll a 4 – squats
   e. Roll a 5 – plank
   f. Roll a 6 – hand presses

**Heart Fact of the Day:** Your heart is made up almost entirely of muscle. It is strong enough to lift approximately 3,000 pounds—roughly the weight of a compact car.