



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:*

- *At least one soft ball like a foam ball or fleece ball*
- *Space for students to sit or stand in a circle*

### **Activity: Silent Speed Ball**

This activity is a fun but quiet game that will keep students paying attention and active.

### **How to Play**

1. Have students either sit or stand in a circle.
2. Begin with one ball (soft is key). Instruct students that they cannot speak and will throw the ball across the circle to one another.
3. If a student talks or misses a catch, they are out. Active tip: instead of students being "out", have them do 10 jumping jacks or another movement to get back in the game.
4. You can keep going until one student is left or until the timer is up if you are not having outs.
5. Have fun by splitting into smaller groups, widening the space or adding more balls!

**Heart Fact of the Day:** Exercise has been proven to reduce the risk of heart disease and high blood pressure. The American Heart Association recommends that children over two get at least one hour of physical activity per day to reduce the risk of heart disease.