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:**
- Painter’s tape
- Two sets of five bean bags or X’s and O’s

**Activity: Team Tic Tac Toe**

This is a fun spin on traditional Tic Tac Toe that students love!

**How to Play**

1. Use painter’s tape to tape off a large tic tac toe “board” at one end of your classroom (or in the hallway).
2. Divide into two groups.
3. Leader will call out a movement like crabwalk.
4. The first student in each group will crabwalk to the board and place the X or O for their team.
5. They must crabwalk back to tag their next teammate.
6. The faster you go, the faster you can play. First team to get 3 in a row, WINS!

**Heart Fact of the Day:** Talk about having a big heart: the blue whale is the animal with the largest heart. The heart of one blue whale weighed nearly 1,500 pounds!