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:**

- Space for students to move from one side of room to the other.

**Activity: Would you rather?**

This game is a fun variation of the classic “would you rather” activity that also incorporates movement.

**How to Play**

1. Have students stand in the center of the room.
2. Choose one student to ask a “would you rather” question. For example: Would you rather be a super-fast swimmer or a super-fast runner?
3. Tell students to move to a certain side of the room for their answer to the question.
4. Keep repeating with different leaders and questions. Students will have fun making up their own questions!

**Heart Fact of the Day:** About 90 percent of Americans age two and up get too much sodium each day—about the same as the number of American adults who own a cell phone.