



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:

- *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.