



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 balloon*
- *String or object to divide room*

### **Activity: Balloon Tennis**

Have fun with a variation of tennis using one (or more) balloons!

### **How to Play**

1. Split students into two teams and put them on either side of the classroom.
2. Use a string or object to mark the middle of the room.
3. Using their hands as a racket, they will hit the balloon back and forth across the room as you would in tennis while trying to not let the balloon hit the floor.
4. To make it more fun and engaging, add more balloons!

**Heart Fact of the Day:** Children ages 4-8 should eat no more than about 3 teaspoons of added sugar a day. A can of soda can have about 9-10 teaspoons of sugar. In one year, most people drink enough soda and sugary drinks to fill a bathtub with sugar.