



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:

- *Leader*
- *Room for students to space out (can stand behind desk)*

Do this, don't do that

This fun activity keeps students engaged and moving while also having them think through what the leader is saying.

How to Play

1. The leader stands at the front of the room. Students space out around the room or stand by their desk.
2. The leader instructs students that if they say "do this", the students should follow what they are doing. However, if they say "do that" then they should not follow. If they do follow, then they are out for that round.
3. The leader will begin the game by either saying "do this" or "do that" followed by a movement (touch nose, jumping jacks, plank, swimmers, crunches, etc.).
4. The students that follow the movement after being told to "do that" are out.
5. Continue game until only one student is playing.

Heart Fact of the Day: The human heart looks like a piece of red meat, aka steak or a raw hamburger patty. In fat or obese people, the heart actually looks like it is covered in yellow goo, aka the fat tissue. Yellow... no good. Red... good.