



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:

- *2-4 colors of balloons blown up*
- *Space by corners and walls*

Activity: Balloon Round Up

This activity will really get students moving! It's a lot of fun and you only need balloons to play.

How to Play

1. Blow up either 2 or 4 different colors of balloons (choose the number 4 if you want to use 4 corners or 2 for the 2 sides of the room).
2. Split the class into groups of either 2 or 4 and assign each group a balloon color and corner (or side).
3. Explain to students that their goal is to round up as many of their color of balloons as possible in their corner/on their side without them hitting the floor. They can knock other balloons in the wrong direction but once a balloon hits the floor, it cannot be picked back up.
4. Begin with throwing balloons in the air in the middle of the room.
5. The team with the most balloons in their corner wins!

Heart Fact of the Day: Your heart is the strongest and most important muscle in your body. Your heart is sort of like a pump, or two pumps in one. The right side of your heart receives blood from the body and pumps it to the lungs. The left side of the heart does the exact opposite: It receives blood from the lungs and pumps it out to the body.