



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 soft ball like a foam ball or fleece ball*
- *Space for students to sit or stand in a circle*

Activity: Balloon Categories

This balloon activity is a fun volleyball drill that promotes teamwork and movement.

How to Play

1. Have students stand in a large circle.
2. The leader picks a category, like vegetables. Other examples: fruits, states, colors, counting by 2's etc.
3. The first person taps the balloon up and names a vegetable, like corn.
4. The group takes turns trying to keep the balloon in the air and name as many items as possible in the category.

Heart Fact of the Day: Healthy hearts need regular physical activity! But a recent survey reported that more than 40% of high-school-age students play video or computer games for 3 or more hours daily, and more than 30% of these adolescents watch television for more than 3 hours on the average school day.