



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:*

- *1 balloon blown up*
- *Room for students to stand in a circle*

### **Activity: Balloon Circle**

This activity will keep students engaged and moving! It also helps them remember their classmates' names.

### **How to Play**

1. Blow up one balloon and ask students to stand in a circle.
2. Start by tossing the balloon into the air in the middle of the circle.
3. Call out a student's name. That student has to run to the middle of the circle and hit the balloon before it touches the ground.
4. As they are doing so, they call out another student's name to come into the circle next and hit the balloon before it reaches the ground.
5. Have fun and keep going!

**Heart Fact of the Day:** Being around cigarette smoke can lead to early death. In fact, about 41,000 people 35 and older died from the effects of secondhand smoke each year from 2005 to 2009.