



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:

- *Math flash cards*
- *Floor tape or painter's tape*

Activity: Calculator Hopscotch

This activity motivates students to exercise while improving their math facts. They love to see how fast they can complete a card.

How to Play

1. Use the tape to create a calculator on the floor in the corner of your room or in a hallway.
2. Place the math flash cards face down.
3. The students create a line and draw a card.
4. Jump on the problem and answer. For example: If the flash card shows "4x2=", the student would jump on the 4, the x sign, the 2, the = sign and then the 8.
5. Place the card face up and rotate to the end of the line.

Heart Fact of the Day: Capillaries are tiny blood vessels connecting arteries to veins. The blood vessels carry oxygen and nutrients to all the individual cells in the body. Capillaries are as thin or thinner than the hairs on your head!