



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:

- *Paper*
- *Marker*
- *Room alongside classroom walls and corners*

Activity: Four Corners

This activity is a great way for students to get the wiggles out and stay active inside. You can also tie it in to a current lesson plan.

How to Play

1. Label each corner 1 through 4 (or use colors or words related to a current lesson plan).
2. Clear the area around the corners and alongside walls so that students have room to move around.
3. Assign a student to be the leader. They will stand in the middle of the room with their eyes closed.
4. Ask the remaining students to choose a corner to sit or stand in, and then move quickly to that corner.
5. The leader will call out one of the corners. The students in this corner then sit down.
6. Keep going and eliminating students. Once the group is smaller, start limiting how many can be in each corner.
7. Play until there is one student remaining.

Heart Fact of the Day: Eating too much sodium can cause extra fluid in the body. It can lead to high blood pressure, which makes the heart work harder.