



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:

- *No materials needed*

Activity: Sit Down Tag

This activity is a great way for students to keep moving but also requires no materials. They'll have fun playing!

How to Play

1. Have students stand in front of their chairs or spaced out in an open space in the classroom.
2. Determine one student to begin as the tagger.
3. The tagger walks around the room and tries to tag students while they are standing. The standing students want to sit down before they are tagged.
4. If a student gets tagged, they must do 10 jumping jacks. If they do not get tagged and sit down in time, they only have 5 seconds to stand back up.
5. The tagger must constantly keep moving. They cannot stand by certain students.
6. Make it more exciting by adding more taggers!

Heart Fact of the Day: A 16-ounce bottle of soda can have as much sugar as 20 sugar cubes.