



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:

- *Room for students to sit in one or two circles.*
- *Carpet squares/pieces of paper*
- *Music*

Activity: Chair-less Musical Chairs

This is a fun spin on traditional musical chairs that students love. You don't have to rearrange your classroom to play.

How to Play

1. Divide the students into two groups or keep them in one large group.
2. Arrange carpet squares or pieces of construction paper in a circle. Students will sit on these when the music stops. There should be one less square/piece of paper than the number of students in group.
3. Turn music on and instruct students to walk around the circle. You could also incorporate more movement by telling them to move by doing lunges, arm circles or even dance.
4. When the music stops, students must sit on a square or piece of paper. The student that does not make it to a square or piece of paper is out.
5. Remove a square/piece of paper each round until there is a winner.

Heart Fact of the Day: A kid's heart has to push blood through about 60,000 miles (96,560 kilometers) of blood vessels—that's long enough to circle the Earth two and a half times!