



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:*

- *Set of cards with a word or question*
- *Set of cards with the answer*

### **Activity: Mingle, Mingle**

The purpose of this activity is to review information that has already been taught. For example: Safety, states and capitols, rhyming words, or vocabulary.

### **How to Play**

1. Every student gets a card (make sure they're evenly divided by cards with question and cards with an answer).
2. Have the students walk or move as instructed (i.e. hop on one foot, walk like a duck, etc.) around the room. Music is optional.
3. When the music stops or the teacher says freeze, students should find the person with the coordinating cards. For example, the student with the card that says, "How do you cross the road?" finds the student that has the "Look left, look right, and left again" card.
4. Turn your back to your partner and trade cards with someone else.
5. When the music is back on mingle, mingle, and repeat.

**Heart Fact of the Day:** The valves between the atria and ventricles act like doors. They open and allow blood from the atria to flow into the ventricles. When the ventricles contract, the valves are closed to prevent blood from flowing back into the atria.