



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: Tangled Together

This activity is a wonderful team building activity that focuses on communication while also keeping students moving.

How to Play

1. Have students break into groups of up to 12 and stand in a circle.
2. Ask students to take the hand of two other people. They cannot take the hand of the person standing next to them or use the same person for both hands. This should result in a tangled knot.
3. The goal is for the group to become untangled without letting go of one another's hands.
4. Talk to students about how communication and teamwork really play into making this a successful activity.

Heart Fact of the Day: The heart pumps out about 83 gallons of blood each hour.