



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:

- *Space behind each desk to move.*

Activity: Heart Health Heroes

This activity is a fun way to incorporate a health lesson plan (and important reminders about being heart healthy) while bringing movement into indoor recess.

How to Play

1. Begin by talking about the heart with students and quizzing them. (Where is your heart located? How big is it? What is its main function?)
2. Remind students that the heart is a muscle and it's important to keep it strong and healthy. Tell them there are certain things you can do to keep it strong and things you can do it weaken it.
3. Tell students that you'll name something that either strengthens or weakens the heart. If they think it strengthens it, they should do a hero pose. If it weakens it, they should squat.
 - a. Strengthen examples – running, taking the stairs, playing basketball, eating fruits and veggies, drinking water, saying no to tobacco
 - b. Weaken examples – using tobacco, playing video games, eating pizza, drinking soda, watching TV, eating fast food

Heart Fact of the Day: The human heart looks like a piece of red meat, aka steak or a raw hamburger patty. In fat or obese people, the heart actually looks like it is covered in yellow goo, aka the fat tissue. Yellow... no good. Red... good.