



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:

- *Create a number grid on the wall*

Activity: Mid-line Math

This activity gets students up and moving while crossing their mid-line. Cross lateral exercise is great for brain development.

How to Play

1. Create a grid first using tape or bulletin board paper. Make a "T" shape as tall as the height of your students
2. Write the numbers 1-20 randomly in the 4 sections of your "T".
3. Send the students through the course one by one. Students must tap the number with their hand in the upper sections and foot in the bottom sections.
4. They need to use their left body part to touch the number in the right sections and their right body parts in the left sections.
5. This could be used for more advanced skip counting as well.

Heart Fact of the Day: The two top chambers of the heart are called 'atria'. If we're talking about only one chamber, we call it an 'atrium'. The atria collect blood from all parts of the body and squirt it into the bottom chambers.