



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:

- *Paper (scrap is okay)*
- *Ruler or yardstick/
meterstick*

Activity: Paper Hunt

This is a fun activity that students love! They will be active while also incorporating learning.

How to Play

1. Cut strips of paper of equal widths but different lengths.
2. Hide each strip of paper around the classroom.
3. Split students into groups of three or four.
4. Explain to students that there are strips of paper hidden around the room. Strips are all different lengths. They will have three minutes to find as many strips of paper as they can.
5. After the three minutes is up, have each group line up their strips and measure each complete line.
6. The groups with the longest line wins!

Heart Fact of the Day: Picking foods that are high in nutrients that your body needs will help keep your heart healthy. It may be hard to know what foods are healthy for you; a good way to make sure you're eating healthy foods, eat as many different colors of fruits and vegetables as you can during your meals.