



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:*

- *List of commands*

### **Activity: Captain's Orders**

This activity will be one that students love! It's great played in the classroom as an indoor recess game.

### **How to Play**

1. Choose one student to be the captain and ask them to stand at the front of the room facing the class.
2. The rest of the class is the "crew".
3. Determine commands, give captain a list of them and explain them to the crew. Here are some command examples:
  - a. Attention – say "aye, aye, captain"
  - b. Big wave coming – run to the back (or one side) of the room
  - c. Scrub the deck – pretend to scrub the floor
  - d. Raise the sails – pretend to pull on a rope
4. The captain will read off commands and the class should do their best to keep up. Feel free to play with or without elimination (with elimination the remaining player can be the captain).

**Heart Fact of the Day:** The American Heart Association recommends no more than 1,500 milligrams (MG) of sodium a day. This is a little less than  $\frac{3}{4}$  teaspoon of table salt.