



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:

- *Painter's tape*
- *Two sets of five bean bags or X's and O's*

Activity: Team Tic Tac Toe

This is a fun spin on traditional Tic Tac Toe that students love!

How to Play

1. Use painter's tape to tape off a large tic tac toe "board" at one end of your classroom (or in the hallway).
2. Divide into two groups.
3. Leader will call out a movement like crabwalk.
4. The first student in each group will crabwalk to the board and place the X or O for their team.
5. They must crabwalk back to tag their next teammate.
6. The faster you go, the faster you can play. First team to get 3 in a row, WINS!

Heart Fact of the Day: Talk about having a big heart: the blue whale is the animal with the largest heart. The heart of one blue whale weighed nearly 1,500 pounds!