



# REFRESHING RECESS NEWSLETTER WEEK #1

## Benefits of Recess

### Social Benefits

- Children have an opportunity to interact informally with peers and make new friends
- Children have an opportunity to develop social and emotional learning skills such as cooperation, sharing, communicating feelings and conflict resolution

### Emotional Benefits

- Engaging in active play can help reduce feelings of stress and/or depression
- During structured and unstructured play, children learn what behaviors are acceptable to their peers and have opportunities to express and regulate emotions
- Participation in enjoyable activities and having fun helps children feel good emotionally and contributes to positive mental health

### Cognitive Benefits

- Children challenge their brains by learning new games, following rules and making decisions during unstructured play
- Active play at recess makes it is easier to pay attention and focus after recess

### Physical Benefits

- Engaging in enjoyable active play is the most effective strategy for increasing physical activity in children
- Children are more attentive after physical activity, allowing them to perform better in the classroom
- Participating in physical activity on a regular basis promotes physical health and reduces the risk of overweight and obesity

### CHECK THIS OUT!

- 10 rainy day & snow activities for indoor recess:

[PeacefulPlaygrounds](#)

- [40 Sanity Saving Indoor Recess Ideas](#) (We Are Teachers.org)

[Playworks Gamebook online.](#)  
[www.playworks.org](http://www.playworks.org)

- Physical activity may help children pay attention. (2009). Science Daily.

Students have improved math & reading scores after physical activity

Students are more attentive in class after recess

There are FEWER behavior problems when children have daily recess



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## Challenges & Solutions

### ● Challenge: Staffing Issues (Untrained and/or not Enough Recess Supervisors) - Solutions:

- Educate and support recess supervisors early in the school year and throughout the year as needed
- Provide information on how to promote positive behaviors (PBIS), respond to behavior problems, and teach conflict resolution
- Assist recess supervisors in providing a balance of structured play/games and unstructured activities

### ● Challenge: Outdated Playground Equipment Solutions:

- Advocate for funds to update playground equipment
- Have high school students paint playground with games for younger students
- Provide playground 'props' such as jump ropes, hula hoops, hacky sacs, balls, and sidewalk chalk
- Seek donations for games and play equipment from parent groups and community businesses



### ● Challenge: Cutback or Elimination of Recess to use Time for Academics Solutions:

- Advocate for recess and its academic, physical, social and emotional benefits
- Educate others on the benefits of recess
- Promote policies mandating a minimum of 20 minutes of daily recess

### ● Challenge: Lack of Funding for Recess - Solutions:

- Enlist the parent/teacher organization (PTA) in helping raise funds to purchase recess supplies
- Refer to free online resources for low-cost game and activity ideas

Murray, R., & Ramstetter, C. for The American Academy of Pediatrics. (2013). The crucial role of recess in school: Council on school health. *Pediatrics*, 131, 183-188. Retrieved from <http://pediatrics.aappublications.org/content/131/1/183.full.pdf+html>

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