



Refreshing Recess

Week #1 Lesson Plan: Kickoff – Let’s get started!

Theme: Orient students to the Refreshing Recess program. Talk about how to Refresh Recess by emphasizing 3 components on the *Refreshing Recess Poster*: time to enjoy fun activities, enjoy socializing with friends, and learn how to be responsible and respectful.

Goals:

- 1) Recess supervisors learn strategies for how to Refresh Recess by promoting positive behavior and responding to challenges.
- 2) Students are oriented to the Refreshing Recess program and learn about the 3 components on the *Refreshing Recess Poster* and *Bookmark*: time to enjoy fun activities, enjoy socializing with friends, and learn how to be responsible and respectful. Students engage in an adult-led activity.

Action steps for the program facilitator (occupational therapist (OT) and other staff leading the program). The focus of Week #1 is to emphasize the 3 components that contribute to Refreshing Recess as outlined on the poster and in the bookmarks. We don’t just want good behavior – we want all students to enjoy active play and games, have fun socializing with peers (learn how to be a good friend and include others), and learn how to be responsible and respectful (follow directions, listen to recess supervisors, be kind to peers and adults).



Supporting materials (downloadable) Every Moment Counts materials:

For Program Facilitators and Supervisors -

- [Refreshing Recess Newsletter Week #1](#)
- [Refreshing Recess Activity Ideas](#)

Other resources:

Playworld (2018). [Recess Behavior Management](#). Covers 4 steps for recess behavior management: 1) create staff guidelines; 2) Educate playground supervisors; 3) Teach students about the rules; 4) Praise positive behavior. Convey the attitude that we are all in this together – supervisors and students.



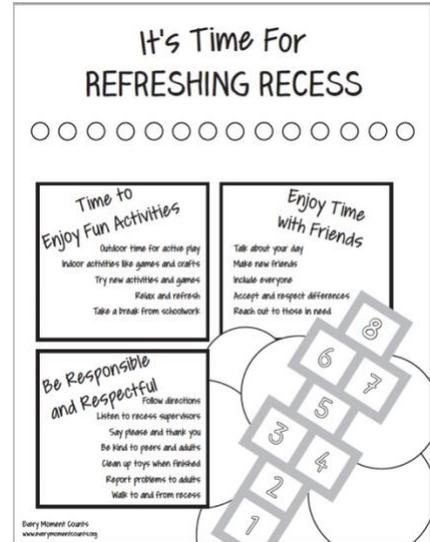
Image from: [Playworld](#)



- Bossenmeyer, M. (2013). Playground supervision: Playground supervision reduces injuries. Peaceful Playgrounds. Discusses proactive supervision strategies. Easy to read.
- 20 Tried and True Classroom Strategies (author unknown)

For students:

- *Refreshing Recess Coloring Sheet* (see if the classroom teacher will hand it out the week before so students can color it and read about the program)
- *Refreshing Recess Bookmark*



➔ **What to do BEFORE the 1st session:**

- 1) **Program facilitator (OT, health educator, etc.): Read supporting materials related to promoting positive behavior during Recess.** Decide what handouts to share with the recess supervisors.
 - a) *Recess Activity Ideas* handout. The program facilitator (OT, PE teacher, etc.) should refer to this and decide on an adult-led activity for the students to engage in during Week 1. Obtain needed materials/props.
 - b) *Recess Funding Ideas*
 - c) *Refreshing Recess Activity Ideas*
- 2) **Recess supervisors:** Before the day of Week #1 Kickoff session, help the Recess supervisors put up the *Recess Posters* in the recess area. Encourage them to become familiar with the 3 expectations on the poster and to begin talking about them with students.
 - a) **Behavior.** Give them a copy of the 20 Tried and True Classroom Strategies. Ask them what their biggest challenges are related to behavior. Problem-solve strategies and solutions.
 - b) **Active supervision.** Read about the 5 elements of active supervision <https://www.classroomcheckup.org/using-active-supervision/>; read a 1-page handout: Active Supervision at a Glance
 - c) *Refreshing Recess Newsletter Week #1: Benefits, Challenges & Solutions*. Give this Newsletter to the recess supervisors at the beginning of the week.
- 3) **Students & Teachers:**
 - a) **Classroom teachers:** Prior to starting the Refreshing Recess Program talk with the teachers about the program and ask how they would like to be involved. Some teachers might be able to fold concepts into classroom activities before or after the lesson to prepare and/or reinforce the weekly theme into classroom activities. Give them a copy of the *Refreshing Recess Newsletter Week #1*. For Week #1, encourage teachers to hang up the Recess Poster in their classroom and/or talk about the content on the Recess bookmark. Give the teacher the *Refreshing Recess Coloring Sheet* (for primary grade students) for students to color in class. Have the teacher ‘talk up’ the program to foster student enthusiasm and interest Encourage children to talk about ‘what you like to do for fun’.





- b) **Students/Parents:** Before the kick-off session, make sure to share the *Refreshing Recess Marketing Flyer* with the class teacher. Encourage the teacher to give a copy to the students, review it with them, and have them take it home for their parents to read..

➔ **DURING the Session.** The program facilitator is present during recess, introduces the program and facilitates the group activity.

- 1) **Make a short presentation to all of the students** before or during recess – announce the beginning of the Refreshing Recess program, express enthusiasm about how much fun this will be. **Hand out the Recess Bookmarks (if they haven't received them already) & review the 3 components listed on the Recess Poster** and expectations for each. Emphasize that this is their time to enjoy fun activities and socialize with friends – that it takes both the adults and students to help create a positive experience!
- 2) **Tell them what to expect each week:** Explain that the program facilitator (OT or others) will meet with the recess supervisors and students one time per week for 6 weeks. 1) OT will introduce the 'theme' (give examples, 'how to be a good friend'); and 2) provide a fun activity for them to do. Give some clues about what will be discussed next week. **Note:** If the program facilitator is unable to attend each session, she/he can give the materials and instructions to the recess supervisors to implement. This may be essential in large school districts.
- 3) **Introduce the activity for the week.** Select an activity for the 1st week either from the [Recess Activities Ideas](#) handout or the Playworks Game Library (<http://www.playworks.org/playbook/games>) - Organize and lead the activity with recess supervisors as supports.
- 4) **Demonstrate positive interaction with students.** Smile, call them by name, show an interest.
- 5) **Touch base with the recess supervisors at the end of the session.** How do you think it went? What did you observe? Do you have any suggestions? Introduce the theme for week 2 – fostering friendships.

Tier 2 & 3 Strategies - Occupational Therapist or other program facilitators:

- Tune into students who may be struggling to participate and enjoy recess activities and/or interaction with peers. Look out for the loners; he/she may struggle with knowing how to enter a group, or may have experienced bullying.
- Note those who might be demonstrating issues related to sensory processing (e.g. hypersensitivity to touch; sensory-seeking), motor control, and/or social participation (e.g. friendship issues).
- Begin to consider accommodations and supports needed to help students at-risk of or experiencing challenges during recess. For students with or without disabilities and/or mental health issues who struggle to enjoy activities or interactions during recess, provide adaptations or accommodations (e.g. peer buddy, smaller group, individual consultation regarding how to interact in a group, etc.)

Congratulations on completing Week #1 of the Refreshing Recess Program! Move on to Week #2!



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