



Refreshing Recess Program

Week #3 Lesson Plan: Teamwork! Let's play and work together

Theme: Let's play and work together. Children create something together with a variety of arts and crafts materials. Supervisors learn about teamwork and conflict resolution.

An important part of being a good friend and maintaining a friendship is knowing how to support one another, accept differences, and resolve conflicts. Week 3's activity emphasizes teamwork – sharing materials and having fun creating something together. Being able to disagree and resolve conflicts is a life skill!

Educational materials will be shared with recess supervisors, teachers, principals, students and parents to raise awareness about teamwork and conflict resolution. Adult-led group activities are useful in helping children play cooperatively together.

Goals:

- 1) Students learn about working together as a team by doing a creative activity together.
- 2) Supervisors learn about promoting teamwork and strategies for conflict resolution.

**Supporting materials (downloadable) Every Moment Counts materials:**

- [Refreshing Recess Newsletter Week #3: Conflict Resolution](#)
- [6 Steps for Resolving Conflicts for Students](#)

Materials from other sources/authors:

- [5 Steps to Having Kids Resolve Conflicts](#) (Sunshine Parenting, Audrey Monke, 2021). Excellent! Download her *Conflict Resolution Wheel*
- [De-escalating conflict or possible violence](#) (1 page) – Creative Response to Conflict: Innovators in the field of Conflict Resolution
- 6 Steps for resolving conflicts (Naomi Drew – Learning Peace website). http://www.learningpeace.com/pages/LP_04.htm
- Recess Lab website (www.recesslab.org): [Teach students how to resolve conflicts on their own](#). Teach students how to use 'I Statements', consider creating a [Peace Path](#) (see p. 3)

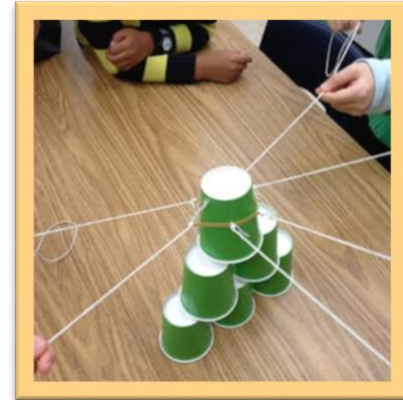


Action steps for occupational therapist (OT) and/or other program facilitators leading the program.

➡ **BEFORE the 3rd session:**

1) **OT: Read supporting materials related to teamwork and conflict resolution especially** – 6 Steps for resolving conflicts, Ways of de-escalating conflict, and Responses to conflict. Reinforce these strategies in conversations with supervisors. **Gather the materials for Week #3's activity.**

- **Optional activities:** Consider playing a teambuilding game. Check out [28 Awesome Team-Building Activities for Kids](#) (from: We Are Teachers website). E.g. Marshmallow-and-Toothpick Challenge; No-Hands Cup-Stacking Challenge



2) **Recess supervisors (teachers, principals)** → Give them the *Refreshing Recess Newsletter Week #3: Conflict Resolution* before the recess session. Give them the Ways of de-escalation and Response to conflict handouts as a resource.

3) **Students:** Give students the *6 Steps for Resolving Conflicts for Students* handout. Suggest that teachers give this out in class and discuss it briefly. Have students take the handout home to share with their parents.

➡ **DURING Day of the Session** – The OT helps set up and facilitate the activity.

- 1) Announce the theme of the week to the students. Explain the importance of teamwork and highlight *6 Steps for Resolving Conflicts for Students* (calm down, explain feelings, discuss resolution, make peace with a handshake).
- 2) **Introduce the activity for the week** → Build something creative together! (See next page)
- 3) Model activities and interaction, problem-solve obstacles that may come up, and offer support to recess supervisors during recess time
- 4) **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 3 – Teamwork!

Tier 2 & 3 Strategies (Occupational Therapist and or other program facilitators)

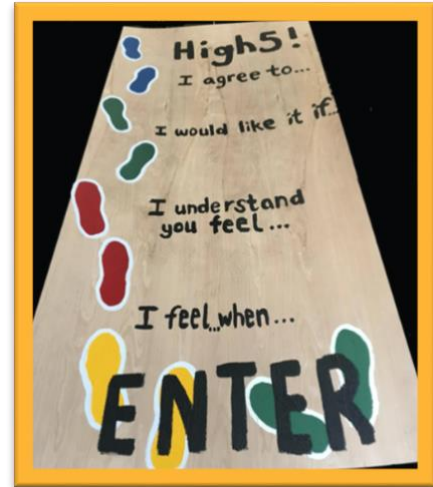
- Tune into students who may be struggling to participate and enjoy recess activities and/or interaction with peers. Look out for the loners; he/she may struggle with knowing how to enter a group, or may have experienced bullying.
- Note those who might be demonstrating issues related to sensory processing (e.g. hypersensitivity to noise), 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.)

Alternative activity: Create a 'Peace Path' for the playground

Refer to the Recess Lab website on [Teaching Students to Resolve Conflicts on Their Own](#)
Download and use the [Peace Path handout](#) with instructions for making and using the Peace Path.



Congratulations on completing Week #3 of the Refreshing Recess Program! Move on to Week #4!



Week 3 Activity

Build Something Creative Together!

Setting: Indoor or Outdoor Recess

Materials needed: Items in basket (e.g., paper plates and cups, tape, colored paper, ribbon, stickers, scissors, glue, etc.). Try and obtain leftover supplies from various teachers.

Rules/Directions:

- Form a group of at least 4.
- Use the objects in the basket to create something.
- It can be anything, and you don't have to use every object.
- The only rule is that each person has to contribute equally.
- You have 15 minutes.



Foster some reflection:

- How did it go?
- How well did you work together as a team.
- Did any conflicts arise?
- How did they work them out?

Tip: Put fewer items in baskets to facilitate sharing between students. For example, put only one or two pairs of scissors or glue bottles.



Developed by Rebecca Mohler, MA, OTR/L, Shannon Kerns, MOT, OTR/L & Susan Bazyk, PhD, OTR/L for Every Moment Counts (2014). Revised 2021.