



# Refreshing Recess Expansion Program Objectives

## Students:

1. Following week one of the Refreshing Recess program, at least 75% of students will be able to independently identify the three program components (1. time to enjoy fun activities, 2. enjoy time with friends, and 3. be responsible and respectful), using the Refreshing Recess Poster as a visual aid if needed.
2. Following week two of the Refreshing Recess program, at least 75% of students will be able to identify at least one quality of a good friend as evidenced by verbally sharing with the class or writing their answer on the board.
3. During week three of the Refreshing Recess program, at least 75% of students will demonstrate ability to work collaborative with a team as evidenced by actively participating\* in a group-building activity.  
\* Communicating with team members, physically participating in the project, and/or offering ideas or suggestions to the activity
4. During week four of the Refreshing Recess program, at least 75% of students will engage in active play throughout the duration of the recess period as indicated by physical participation in the fitness activity.
5. By the end of week five of the Refreshing Recess program, at least 75% of students will have engaged in play with at least one new peer that they do not usually play with, as indicated through teacher observation and documentation over the last five weeks.
6. Following the Crumbled Paper lesson in week six of Refreshing Recess program, at least 75% of students will be able to state in their own words, why it is important to include everyone in play and not bully others as evidenced by writing their answer on the back of their paper.
7. During week seven of the Refreshing Recess program, at least 75% of students will verbally state at least one positive characteristic about themselves and another peer throughout the group activity.
8. By the end of week eight of the Refreshing Recess program, at least 75% of students will be able to appropriately identify one coping skill they can use as evidenced by writing it down into their Zones of Regulation Fortune Teller.

9. By the end of week nine of the Refreshing Recess program, at least 75% of students will engage in group yoga session to facilitate mindfulness as evidenced by active physical participation in yoga poses for 15 minutes during recess.
10. By the end of week ten of the Refreshing Recess program, at least 75% of students will be able to choose three coping skills to add to their “coping toolbox” to use as calming strategies in the future.
11. By the end of the Refreshing Recess program, at least 75% of students will be able to correctly demonstrate at least three different deep breathing exercises that they can use as calming strategies for stress management.
12. Throughout the Refreshing Recess program, at least 75% of students will be open to trying new games as evidenced by actively engaging in the group activity/game each week, indicated through weekly documentation by program leader(s).

### **Supervisors:**

1. By the end of the Refreshing Recess program, recess supervisors will be able to state at least two strategies for promoting positive social interaction and friendships among students by writing them down on the post-program survey.
2. Throughout the Refreshing Recess program, recess supervisors will model appropriate behavior expectations during group activities and provide reinforcement to students who exhibit them as well.
3. By the end of the Refreshing Recess program, each recess supervisor will be able to use the “Six Steps for Resolving Conflicts” as a reference to explain how they can mediate conflict on the post-program survey.
4. By the end of the Refreshing Recess program, each recess supervisor will demonstrate ability to facilitate an adult-guided play opportunity as evidenced by active collaboration with the program facilitators when leading the activities.

