

Organizing a Successful Recess



CREATING HEALTHY
SCHOOLS AND
COMMUNITIES

Wellness Wednesday Webinar
October 4, 2023

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Play is often talked about as if it were a relief from serious learning.

But for children play IS serious learning.

Play is really the work of childhood. -Mister Rogers



Recess Plan Components



Definition &
Rationale



Timing &
Duration



Weather
Conditions



Location



Technology
Use



Withholding Recess
& Discipline



Implementation &
Training Plan

Create a Diverse Recess Team

Administrator

Parent of children with and without disabilities

Special education teacher

General education teacher

Physical Education Teacher

Physical and/or Occupational therapist

Counselor

Students

Offer multiple activities at every recess

Create student choice

Allow for different sensory needs

Allow for group & individual /parallel play

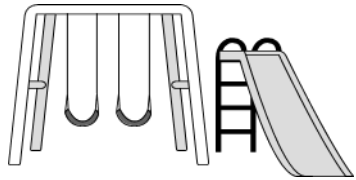


Map Recess Area



Provide game equipment to:

Decrease
Congestion



Increase
Participation



Be Intentional About Supervision



1



2

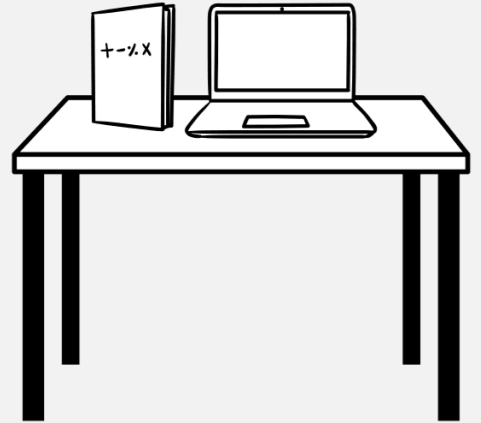
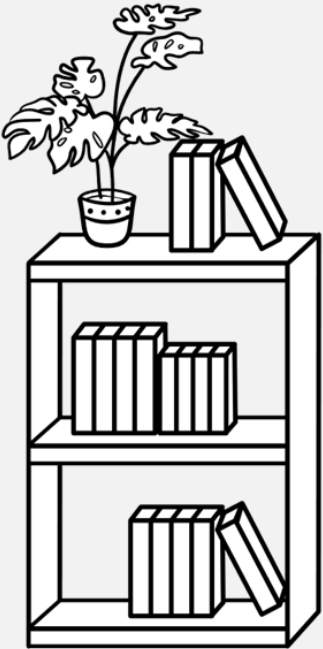


3

4



Teach Positive Expectations



Provide group games, led and supervised by adults, as one option to actively engage kids and help build social skills.

<https://www.playworks.org/get-game-guide/thank-you/>



PLAYWORKS GAME GUIDE

for recess staff, educators, youth workers & parents

PLAYWORKS for every kid.



Partner with PE Teachers to improve recess

Teach kids games

Freeze tag

Four square

Red light, green light

Provide resources to ensure all students can participate

Adaptive equipment

Inclusive games

Behavior Management



Encourage cold weather recess!



Have a plan for indoor recess!

Is there gym space or other indoor space that can be used other than the classroom?

Encourages physical activity

Allows for change of environment

Share resources with teachers

[Fit 4 Kids](#)

[Playworks](#)

[Action for Healthy Kids](#)



Playworks Recess Lab

RECESS LAB


Theory of Play Try It Out **Take the Checkup**



Know your play space

It can be hard to understand the impact that your play space has on your school's culture and your students' experience. And while there are a lot of solutions worth trying, it's tough to know what's working and what's not.

That's why we've created the Recess Checkup – an online quiz designed to help you identify strengths and uncover areas for improvement. Take our three-minute check-up, and we'll help you understand what's really happening in your play space. And don't worry – we won't share your results with anyone.

TAKE THE CHECKUP 

<https://www.recesslab.org/checkup/>

Happy,
healthy
kids ready
to learn!





Wellness Wednesday Webinar Schedule

October 4- Organizing a Successful Recess

November 1- Understanding Smart Snack Standards

December 6- Introduction to Safe Routes to School

January 10- Gardening as a Fundraiser

February 7- Walk and Bike to School Days

April 10- Create a Mindful Minute Routine

May 1- Setting up a Bike Bus Program



CREATING HEALTHY
SCHOOLS AND
COMMUNITIES

Wednesdays at 7:30 am

[Register](#)



Leading Change: Empowering Administrators through the Science of Play for Increased Positive Behavior and Learning Engagement

Join us for an enriching 3 hour professional development session, designed for educational leaders and administrators who possess the power to ignite transformation within their schools. Within this workshop, participants will delve into the captivating science of play, gain insight into its profound impact on child development and learning. We will also explore strategies to comprehend and address challenging behaviors. Through hands-on activities and collaborative discussion, we will ultimately embark on a brainstorming session to unlock play as a catalyst for change, innovation, and growth within our own schools.

December 14, 2023 | 9 AM - 12 PM

Erie 1 BOCES Education campus
355 Harlem Rd, West Seneca 14224



[Register](#)

\$25

Registration fee*

**Includes a healthy
breakfast**

*Registration fee is waived for CUSC funded schools

