



### DID YOU KNOW.....

**The Centers for Disease Control and Prevention (CDC) recommends that children get at least 60 minutes of physical activity each day.**

#### **BENEFITS OF RECESS:**

##### **Academic Benefits:**

- Over 80% of principals report that recess has a positive impact on academic achievement
- Two-thirds of principals report that students listen better and are more focused after recess

##### **Social Benefits:**

- Recess gives children a much-needed break from the more and more rigorous learning environment.
- Allows students an opportunity to practice social skills and use their imagination

##### **Physical Benefits:**

- Build healthy bones and muscles
- Reduce feelings of depression and anxiety, and promotes psychological well-being
- Reduces the risk of chronic diseases and obesity

Physical activity during the school day helps improve student learning, social emotional skills and attention during class. However, recess and physical education are often taken away as punishment for students that don't complete homework or those who act out in class. Often times, these are the students that need physical activity the most. Teachers and parents can do their part to ensure students get the activity they need by implementing healthy, alternative consequences.

#### **Alternative Disciplinary Measures:**

- Clean up the mess he/she made or remedy the situation for which he/she is being punished (natural consequence).
- Write an essay on what he/she did wrong and how to behave better next time (reflection and self-evaluation).
- Write an apology letter to the person who has been wronged. Use it as an opportunity to discuss the importance of seeking and giving forgiveness.
- Have them write a note home to their parents sharing what happened.
- Do community service. Examples - Cleaning up 10 pieces of litter, wiping down slides on the playground before being allowed to play, raking leaves or pulling weeds in the school garden.
- Help school staff wipe tables in cafeteria, stack chairs, sweep floor, wash a window, before going out to play
- Stay late after school for an after-school detention.
- Deduct credit for homework that is turned in late.
- Designate a recess "break space". Draw a large rectangle on the ground with sidewalk chalk. Inside the rectangle, draw lines/paths/shapes. Instead of standing/sitting, kids can walk/run on the paths or jump/hop from shape to shape.
- Have the students brainstorm appropriate disciplinary measures
- Lose a specific piece of playground equipment.
- Earning a recess reward! Instead of taking something away, what about having students work toward earning a special outdoor recess game, toy, or even extra recess for completing work or staying on track with behavior?