



PLAYGROUND STRATEGIES

for

RECESS SUCCESS

Playground recess time is essential to school children, providing opportunities for physical activity, social interaction and necessary respite from the vigor of classroom instruction. A successful recess can be defined as one that enables children to engage in a variety of physical activities where strategies are implemented in order to provide a safe, inclusive experience for children. Most schools have implemented 10 basic core strategies that work in any environment. The following list contains these core strategies that should be reviewed and modified to address school-specific needs.

1. Food or candy should not be eaten while playing.
2. Take turns playing games or using equipment.
3. Run only in designated areas as defined by the playground monitor/supervisor.
4. Outside equipment or toys should not be brought to recess.
5. Courteous and respectful language should be used.
6. Use playground equipment appropriately as intended.
7. Games that involve tackling, hitting or targeting another student are dangerous and should not be played.
8. Conflict resolution methods such as Rock-Paper- Scissors, take turns, talk-it-out, consult with playground monitor/ supervisor or other social and emotional literacy skills implemented at the school should be used if conflicts arise.
9. Clothing that is dangling or jewelry should be secured so it does not get caught in equipment or on each other.
10. Tell the playground monitor/ supervisor of any dangerous conditions, bullying or behavior is observed.