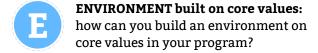
BEST PRACTICES OF HEALTHY PLAY





- INTERVENTIONS: what will interventions look like, sound like and feel like in your program?
- OPTIONS & OPPORTUNITIES: what options can you give students that involve games & activities? what leadership opportunities can you give?
- USEFUL TOOLS: what are some useful tools you've acquired so far to strengthen your program?

Recess Cheat Sheet

Visit several different games! At each game, try these out:

- greet students
- give high-fives / fist bumps / etc
- · ask kids questions about the game
- start / pick teams for / play the game
- intervene in a conflict, encourage RoShamBo



RESPECT

INCLUSION

COMMUNITY

HEALTHY PLAY

Playworks' goal is to support your school community in creating proactive recess systems and procedures to

help you achieve a **positive** recess climate.

We seek to
empower your
school to maximize your recess so
that everyone is experiencing
safe and healthy play.

learn more at playworks.org





TEAM-UP

For the Team-Up program, an **experienced Playworks Site Coordinator** is shared
between four schools to model, consult, and
teach strategies, games, and systems to **develop and sustain a positive school culture, starting at recess.**

PROGRAM COMPONENTS

RECESS

High-functioning, proactive recess systems, organized play, across all grade levels, every day.

<u>HOW YOU ENGAGE</u>: Be enthusiastic about recess, timely and effective transitions are critical

CLASS GAME TIME

During Program Implementation Weeks: 30-minute sessions of cooperative play & learning with the coach, class, and teacher.

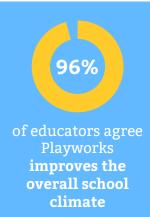
<u>HOW YOU ENGAGE</u>: Be on time, be ready to participate, wear comfortable shoes to play.

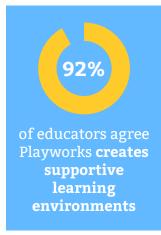
JUNIOR COACH

Older grade students serving as leaders and mentors at recess. Junior Coaches recieve year-long leadership training weekly, before or after school.

<u>HOW YOU ENGAGE</u>: Promote the role of Junior Coaches as leaders in your school, engage with them at recess.

OUR OUTCOMES





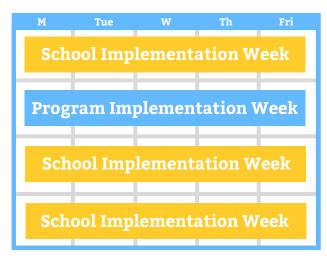
90% of educators agree
Playworks helps students
demonstrate empathy
toward one another

89% of educators agree
Playworks helps students
feel connected to their
learning community

86% of educators agree
Playworks helps students
develop skills to succeed in
their learning community

*Outcomes are from 2020-2021 Utah School Staff Surveys

SCHEDULE



*SAMPLE SCHEDULE: does not necessarily reflect your Site Coordinator's rotations.

Site Coordinators will divide their time between four schools.

this cutout cheat-sheet fits perfectly in your lanyard!

While at recess, be ready to make behavior corrections as necessary:

- Conflict: Encourage RoShamBo
- **Conflict:** Refer to Game Signs for rule disputes
- **Safety:** butterfly fingers only
- **Safety:** play in proper area (according to the playground map)
- Inclusion: Invite girls to game with only boys and vice versa

Use your best judgment, and use school rules