

BEST PRACTICES OF HEALTHY PLAY

A

ADULT PARTICIPATION: what does adult participation help promote in your program?

E

ENVIRONMENT built on core values: how can you build an environment on core values in your program?

I

INTERVENTIONS: what will interventions look like, sound like and feel like in your program?

O

OPTIONS & OPPORTUNITIES: what options can you give students that involve games & activities? what leadership opportunities can you give?

U

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



CORE VALUES

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



PLAYWORKS

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.

HOW YOU ENGAGE: 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.

HOW YOU ENGAGE: 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 receive year-long leadership training weekly, before or after school.

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

OUR OUTCOMES

96%

of educators agree Playworks improves the overall school climate

92%

of educators agree Playworks creates supportive learning environments

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**

SCHEDULE

M	Tue	W	Th	Fri
School Implementation Week				
Program Implementation Week				
School Implementation Week				
School Implementation Week				

***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

*Outcomes are from 2020-2021 Utah School Staff Surveys