

## **Becoming a Recess Rockstar**

Congratulations and a big whoosh clap to you for stepping up as the Recess Coach! We applaud your energy and willingness to serve the staff and students as a leader on the playground. At Playworks, we believe that every child should have access to safe, healthy play and we are so grateful to have champions like you advocating for this vision each and every day.

As part of the Playworks experience, we hope you find the partnership to be supportive to your school community . Beyond the activities we have scheduled, we hope you will utilize our Playworks team as a resource and support for your success on the playground. If you ever have questions, concerns, or are looking for ideas, your Playworks partners are more than happy to answer questions or troubleshoot challenges you may be facing.

Excited yet?! We hope you are! We can't wait to work with you and continue to support you in your work as a Recess Coach. On the next two pages you can find an FAQ guide and some helpful resources to get you started.

Play on!

### **What is a Recess Coach?**

A school staff member who is dedicated to delivering and strengthening a great recess, every day. The Recess Coach is a vital part of continuing a consistently high-functioning recess, and is ideally present at most (if not all) of the recess periods at your school. This person leads the implementation of recess every day – setting up and tearing down games, supervising the junior coaches, modeling our strategies for the students and other recess staff (rock paper scissors, high fives, “good job nice try”), and engaging with students in playing the games. This person models the expectations of recess, leads the way for impact through play at school, and supports all staff and students during recess.

### **I’m the Recess Coach. Now what?!**

Now the fun begins! During our time together, we ask that you specifically take great notes on the planning that we do. After all, your teammates will come to see you as a leader and resource for moving recess forward. We also recommend working with your Recess Manager to condense all of the planning into a manual, or creating some type of tangible, visible guide for current and future Recess Team members to refer to.

### **Awesome. I’ll take stellar notes, I’m planning to make a tangible resource for our team, and I’ve got a solid grasp on the games. How do I take all this planning and put it into action?**

Great question. The implementation will occur in stages. And, the whole Recess Team will be part of making sure recess is successful and sustainable. Create a checklist of things you can plan to develop and grow on a month-to-month basis. And remember, every school is different! Some schools roll out the entire plan in a month, while other schools take six months or even a full school year.

### **What’s a Consultation Visit (CV)? Do we need to prepare for it?**

Some schools will be participating in Consultation Visits (CV). During the CV, Playworks staff will meet with you and your recess team to track your progress, reflect on recess challenges/successes, and set some next steps to take your recess to the next level!

### **If I have more questions, can I get in touch with Playworks?**

Of course! We hope you will utilize Playworks staff as an ongoing resource for you and your team. Email, call, send a pigeon; anything you need, we’re here for you.

## Playworks Resources

We've got some handy dandy resources to help make sure your Recess Implementation is as successful as possible. Read on for more information and reach out to your trainer with any questions or for more resources.

[Game Guide](#): The full Game Guide which can be electronically downloaded and printed - for free! With hundreds of games, ice breakers, and minute movers.

[Game Library](#): A searchable database of the Game Guide games PLUS games added each week. Search by game needs, group size, equipment, age group, and more!

[Claps and Cheers](#): Check out some ideas on new claps and cheers for recess or the classroom.

[Playworks YouTube Channel](#): Find ideas from the YouTube Channel for recess, class game time, and more. Be sure to view the channels of regional Playworks locations around the country to see what they've created for their recess!

[Adapting Games for Students with Autism](#): A helpful guide for adapting games at recess for students with autism.

[Adapting Games for Students with ADHD](#): A helpful guide for adapting games at recess for students with ADHD.

[Attention-Getters](#): Need some new attention getters? Maybe some cheers and other ideas on spreading positive spirits at recess?

[Indoor Recess](#): How will you ever survive indoor recess?! Have no fear. We've come up with a quick guide to get you started.