

Recess Reboot

Transform your school through safe and healthy play at recess



Playworks leaders partner with your school for four days to kick off a new approach to play.

- **High-Functioning Recess:** we launch and your Recess Team sustains core playground games, skill-building activities, and cooperative games during recess throughout the school year.
- **Junior Coach Program:** we launch and your Recess Coach continues the leadership program to empower student leaders to own key recess roles.

Playworks provides four days of on-site training, consulting, and capacity building.

- **We launch and demo** best practices to create a culture of safe and healthy play.
- **An experienced Playworks trainer** models and teaches strategies, games, and systems to develop and sustain a positive educational culture for everyone, starting at recess.
- **Your school leaves with tools, techniques, and an action plan** to implement a strong culture of play throughout the year.

Your school community sustains a positive recess culture throughout the school year.

- **A designated Recess Manager and/or Recess Coach from your school** leads the Junior Coach Leadership Program and ensures a high-functioning recess through the school year.
- **Your Recess Team (adults who support recess)** delivers a positive recess climate.
- **Junior Coaches (4th and 5th graders)** build social and emotional skills by leading games, resolving conflicts, and serving as role models during recess.
- **Administrators, teachers, parents, and volunteers** build shared expectations to facilitate an environment for safe, healthy recess play.
- After your training, your staff will have access to **PlayworksU: bite-sized online courses** that reinforce and build on the strategies learned in person. A Playworks expert will be available for an optional 30-minute phone call to help you adapt these best practices for your context.





DURING YOUR RECESS REBOOT, YOU CAN EXPECT:

Goal Setting and Action Planning: guided strategic sessions with the principal, administrators, and recess team to sustain recess culture, systems, and staff. (3 hours)

Staff Trainings: staff workshop and Recess Team trainings on strategies for safe and healthy play. Daily check-ins, coaching, and debrief sessions are provided with the Recess Team to hone new skills. (2.5 hours)

Junior Coach Program Launch: pre-selected students learn to lead recess, play new games, and model positive behavior. (2-hour training, practice at recess)

High-Functioning Recess Demo: (all recesses)

Recess 101: select group lessons to teach students and teachers rules, expectations, and skills for positive recess culture. (30 minutes per session)

Consultation: prep calls in advance, plus PlayworksU online courses and an optional consultation call after the week is done.



PLAYWORKS

Name, Title
Phone
Email

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