



## Why Playworks

How kids feel at school has a direct impact on their educational success, and recess plays a pivotal role. Have you noticed that some kids are left sedentary on the sidelines, or that bullying and conflicts on the playground spill into the classroom and **negatively affect learning**?

Playworks changes this harmful dynamic and transforms recess and playtime into your school's most valuable resource. We believe in the **power of play** to bring out the best in every kid. Playworks creates a place on the playground where every kid belongs, has fun and is part of the game. When recess becomes a healthy part of the school day, kids carry that positive experience with them into their classrooms, back to their neighborhoods, out into the world.

## About Playworks Training

Playworks' mission is to improve the health and well-being of children by increasing opportunities for safe, meaningful play. Over the last two decades, Playworks has developed a model of play and physical activity that has substantially improved school climate in thousands of schools across the country. Playworks has achieved this impact through 1) training and consulting services that empower school staff to deliver Playworks' model of play and physical activity and 2) our direct service program where Playworks employs full time "coaches" at low-income partner schools.

The Robert Wood Johnson Foundation, the nation's leading public health foundation, has invested more than \$32 million in Playworks since 2005 because it believes that Playworks' programs improve children's health and well-being.

## Playworks Evaluation Results

In 2013, Stanford University and Mathematica Policy Research released results of a rigorous, randomized control trial of Playworks. This level of evaluation is considered the gold standard for research. The study found that as a result of Playworks programming teachers had more time for teaching, students behaved better and were more ready to learn, and schools experienced less bullying and felt safer. The study also found that Playworks students were engaged in significantly more vigorous physical activity.

Playworks Training provides adults with the skills and tools they need to create healthy play at thousands of schools and youth organizations nationwide, broadening the impact well beyond Playworks' direct service programs. This national growth from our 1996 founding at two low-income schools in California is fueled, in large part, by the schools and communities themselves. Schools and districts regularly contact us about bringing out unique approach to their communities.

Request an assessment to find the perfect program for your school at [playworks.org/training/assessment](https://playworks.org/training/assessment)

Playworks Training's approach to professional development offers our expertise in transforming recess from a problematic time in the school day to a positive contributor to the learning environment. Our audiences range from teachers to playground monitors to parent volunteers. We customize trainings to meet the needs of schools, districts, and other youth programs.

In 2013, an external evaluator funded by the Health Care Foundation of New Jersey found considerable positive behavior change in training participants after only three days of Playworks training. It was the highest level of impact seen by that evaluator, given the amount of time invested. The trained youth workers expressed an overwhelmingly positive response and 100% articulated they are currently implementing some aspect of what they learned. The youth workers also stated they are seeing changes in student behavior, including increased use of conflict resolution tools (such as rock-paper-scissors), fewer injuries, and use of positive reinforcement behaviors (such as High Fives)

The success of Playworks Training services and feedback from participants indicate that we are effectively transferring knowledge to mobilize educators, parents and community organizations to duplicate the Playworks model on their own.



## PLAYWORKS

### Playworks Outcomes and Alignment

Most grant makers want to see that the program you are implementing achieves specific outcomes. Here are a few examples of goals, objectives and specific Playworks activities that align well.

Area of Improvement	Example Goal	Example Objectives	Playworks Activities ( <i>activities vary, depending on the selected Playworks program</i> )
Social Emotional Learning	Create a school culture where students are able to: <ul style="list-style-type: none"> <li>• initiate and engage in inclusive play</li> <li>• resolve conflicts</li> <li>• communicate respectfully</li> <li>• socialize with others outside of their peer group.</li> </ul>	Reduce disciplinary incidences originating on the playground by 30%.  Increase the use of age appropriate, self-regulated conflict resolution skills (Rock, paper, scissors, active listening, I statements) and positive encouragement (verbal and non-verbal, like high fives).  Create a playground where students initiate and engage in 2-4 inclusive group games with minimal adult involvement.	Staff will be trained on basic playground design, group management and game facilitation.  Staff trained by Playworks will receive instruction on how to get students to facilitate positive, inclusive play on their own.  Adults will be instructed to allow students to self-select play and how to engage those who do not self-select.  Playworks will provide school staff with best practices in encouraging positive student leadership to help students lead group games. (Recess 360 Program)
Physical Activity	Provide high quality physical activity education and assessment to help students, parents, and teachers understand, improve and maintain all students' physical well-being.	Increase physical activity professional development for teachers, paraprofessionals and other school staff by 25%  Recruit 10 parent volunteers to model active play on the playground.  100% of students' parents will receive communication about the importance of active play and tools to increase opportunities for young people to engage in it.	Provide professional development workshops and on-site coaching around facilitating healthy play on the playground and in the classroom. Open and available to all school staff and parent community.  Playworks provides access to online tools and digital game database for extended school community as well as assistance in messaging the power of play and its impact on the school community.

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<p>Education</p>	<p>Provide teachers with more teaching time after recess by helping school staff and students transition from the playground back to the classroom.</p> <p>Provide relief to teachers by reducing class time spent resolving conflicts originating at recess.</p> <p>Increase students' time engaged in healthy physical activity to enhance readiness to learn.</p>	<p>Teachers will regain 5 to 10 hours of teaching time annually due to school staff implementing an inclusive Playworks recess complete with conflict resolution and playground-to-class transition training.</p> <p>Students will feel more comfortable in class after recess. Playworks trained staff will reduce the number of disciplinary incidences at recess resulting in students who return to class focused and ready to learn.</p> <p>Increase physical activity professional development for teachers, paraprofessionals and other school staff by 25%</p>	<p>Staff trained by Playworks will learn transition techniques, group management, attention getters, conflict resolution and a host of other applicable skills to help students return to class ready to learn.</p> <p>Staff trained by Playworks will receive consultative visits where staff can share stories and receive advice and instruction on how to deal with school specific situations (Recess Implementation and Recess 360 only).</p> <p>Playworks will provide materials that outline best-practices for using play to build a better educational environment drawn from Playworks' 16 years of experience.</p> <p>Staff will learn how to teach, facilitate and sustain fun, active and inclusive group games with students at recess and in the classroom.</p>
<p>School Climate</p>	<p>Create an environment where students feel safe, connected to and cared for by adults and are fully engaged in play and learning.</p>	<p>Students increase their sense of belonging and connection to adults and their classroom.</p> <p>Positive and encouraging language is used in interactions between peers and adults.</p> <p>Increased rates of participation in recess and class by both students and adults.</p>	<p>Staff trained by Playworks will receive instruction on how to model positive interactions between adult-to-student and student-to-student.</p> <p>Staff will receive training on how to include all students in play and inclusive behavior during recess.</p>

### Playworks Recommended Training Programs

For a personalized program proposal and quote, please request an assessment of your school or program by visiting:

[playworks.org/training/assessment](http://playworks.org/training/assessment)

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