



Take a Stand for Recess

Arm yourself with research, resources and tools to make a strong case for extending or restoring recess in your school and district.

PRACTICAL RESOURCES

- **KaBOOM!, a national non-profit dedicated to saving play for America's children**
 - **Pledge to Save Play in Our Schools**
kaboom.org/take_action/pledge
Sign the pledge and KaBOOM! will provide a free PDF of action ideas to get you started. Addresses issues of overall school wellness, recess, excessive homework, walking/biking to school, playgrounds and playspaces, outdoor learning and more.
 - **Recess with no playground? 5 ways schools can still get kids playing**
kaboom.org/blog/recess_no_playground_5_ways_schools_can_still_get_kids_playing

Peaceful Playgrounds “Right to Recess” Campaign

www.peacefulplaygrounds.com/right-to-recess-campaign/

Free online tools and materials to start your own recess campaign, including a speakers’ guide, research, alternatives to withholding recess, and more.

IP/USA: American Association for the Child's Right to Play

ipausa.ning.com/page/recess-1

Resources that explain the importance of recess and will aid those who are interested in advocating for school recess.

Ranger Rick Restores Recess Campaign (National Wildlife Federation)

www.nwf.org/recess

Useful tools including a recess policy audit to evaluate your school’s current policy and a model recess policy.





ARTICLES

- **The 3 R's? A Fourth Is Crucial, Too: Recess (NY Times)**
www.nytimes.com/2009/02/24/health/24well.html
- **Why kids need recess and exercise (CNN.com)**
www.cnn.com/2012/04/03/health/diet-fitness/parenting-recess-kids/index.html
- **Don't Let Recess Die! Six Ways to Save Recess at Your Child's School (The Huffington Post)**
www.huffingtonpost.com/darell-hammond/six-ways-to-save-recess-a_b_702283.html
- **Recess and your child's brain (Petrus Psychology)**
www.petruspsychology.com/2011/01/11/recess-and-your-childs-brain/

RESEARCH

- **Policy Statement: The Crucial Role of Recess in School (American Academy of Pediatrics)**
pediatrics.aappublications.org/content/131/1/183.full
- **The State of Play – Gallup Survey of Principals on School Recess (The Robert Wood Johnson Foundation)**
www.rwjf.org/content/dam/web-assets/2010/02/the-state-of-play
- **Crisis in the Kindergarten: Why Children Need to Play in School (Alliance for Childhood)**
allianceforchildhood.org/publications
- **Increasing Physical Activity Through Research (Active Living Research)**
www.activelivingresearch.org/files/ALR_Brief_Recess.pdf
- **The Association Between School-Based Physical Activity, including Physical Education, and Academic Performance (US Department of Health and Human Services)**
www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf

Visit www.ChildrenMuseum.org/AboutPlay.asp for more resources.

Join the PlayWatch discussion listserv at www.PlayWatch.org.

