Alternatives to taking recess away

Stay moving, stay positive.

1. Instead of taking away the whole recess, try removing a preferred activity. This could be things like basketball, monkey bars, swings, wall ball, etc.

2. Shape self-monitoring! Create a calm down space for kids to use before the problem gets too big. Check out this great tip on how to set one up!

3. Make consequences meaningful! Kids can:
   ▶ Pick up pieces of trash before joining recess
   ▶ Wipe down playground equipment
   ▶ Pump air into playground balls

4. Get everyone on the same page! Frequently go over classroom rules and expectations. Use role-plays, or have kids explain the rules back to you to check for their understanding.

5. Alternative Consequences:
   ▶ Lose screen time instead of recess
   ▶ Have kids walk 2 laps before joining recess

6. Make the lesson move! This is a great place to use your creativity. Check these links out for ideas from other creative teachers!

7. Keep them busy! Give a job to kids who are having a difficult time staying focused. Such as, sorting crayons, wiping down tables, or being a teacher’s helper.

8. Take a brain break, and get the whole class moving! Click the brain for a list of ideas.

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