

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

