

WHY STUDENTS NEED AN EXTENDED RECESS

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CREATIVE PLAY

- Helps children develop “problem-solving skills that require persistence and engagement”
- Takes an average of 45 minutes of free play before child dive deep into more complex and evolved play schemes
- Takes time for children to figure out who they are going to play with, what they are going to do, what everyone's role will be, and then execute the plan



SOCIAL-EMOTIONAL DEVELOPMENT

- Children learn social skills best through real-life scenarios and play with their peers
- Children need plenty of opportunities to freely engage with other children



MORE ENJOYMENT

- Recess gives kids something to look forward to
- Gives time to catch-up with friends
- More likely to enjoy their day when they have time to do nothing

IMPROVES MENTAL HEALTH

- Provides a break so the brain can rest
- Endorphins are released helping the mind resist anxiety and depression
- Talk about their problems with peers they trust

MAIN REASONS FOR CHILDHOOD OBESITY

- Poor diets
 - Sugary beverages
 - Cokes, juices, etc....
 - Snack foods
 - Chips, baked goods, candy, etc....
 - Large Portion sizes
- Minimal exercise
 - Children should get at least 60 minutes of physical activity every day
 - Only 15% of children get 60 minutes a day
 - Long hours in the classroom

18.5% of 2-5 year old's are obese. That is 13.7 million children and adolescents.

EXTENDED RECESS HELPS OBESITY

- Kids get heart rate up by running and jumping
 - Burns more calories when heart rate goes up
- The more time children have to play, the more calories they burn

MORE PATIENT TEACHERS

- Recess allows teachers to take a break
- Teachers get to sit down
- Gives mind a rest
- Helps teachers feel calmer

BETTER BEHAVIOR

- Allows extra time for kids to get energy out
- Better behavior children when more recess is implemented
- Restless children get to let loose



HELPS THEM LEARN BETTER

- Kids learn information better when they are aloud breaks
- Helps clear their heads so they can better focus
- Helps kids to relax
- Physical activity releases endorphins in the brain
 - Helps kids shed anxiety and depression



FREE THE MIND

- Needs time to explore own ideas and process information
- Downtime in their day
- Time to make their own choices (e.g., what to do at recess)
- Let go of all the expectations

RESOURCES

- <https://www.edutopia.org/blog/longer-recess-stronger-child-development-angela-hanscom>
- <https://www.listland.com/10-reasons-kids-should-have-longer-recess-at-school/>
- <http://heartinsight.heart.org/Fall-2016/Kids-Need-Recess/>