

Recess Re-energized: References

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Recess Re-energized: Resources

Making leadership decisions regarding improving recess in schools

- ☐ SHAPE America Guide for Recess Policy
- ☐ Centers for Disease Control and Prevention School Health Index: A Self-Assessment and Planning Guide. Elementary School version
- ☐ Designing a Strong and Healthy New York (DASH NY) Time to Play: A Mandatory Daily Active Recess Policy Implementation Guide
- ☐ Minneapolis Department of Health and Family Support Play to Learn: Active Recess Through Systematic Supervision
- ☐ Montana Office of Public Instruction Recess Before Lunch: A Guide for Success
- ☐ Minnesota Department of Education Recess Moves: A Toolkit for Quality Recess
- ☐ CIRA Ontario Recess Revival: An Implementation Guide to an Active Recess
- ☐ Playworks The Playbook
- ☐ Playworks Guide for Inclement Weather
- ☐ Centers for Disease Control and Prevention Increasing Access to Drinking Water in Schools
- ☐ Peaceful Playgrounds 60 Alternatives to Withholding Recess

Communicating and enforcing behavioral and safety expectations during recess

- ☐ Minneapolis Department of Health and Family Support Play to Learn: Active Recess Through Systematic Supervision
- ☐ Minnesota Department of Education Recess Moves: A Toolkit for Quality Recess
- ☐ US Consumer Product Safety Commission Public Playground Safety Handbook
- ☐ National Program for Playground Safety Playground Safety
- ☐ National Program for Playground Safety Safety Report Card
- ☐ Playworks Four Conflict Resolution Techniques for School Children

- ☐ US Department of Education, Office of Special Education Programs Positive Behavioral Interventions and Supports

Creating an environment supportive of physical activity during recess

- ☐ Minneapolis Department of Health and Family Support Play to Learn: Active Recess Through Systematic Supervision
- ☐ Minnesota Department of Education Recess Moves: A Toolkit for Quality Recess
- ☐ Active Play Active Learning Project Playground Markings Guide
- ☐ Fit & Fun Playscapes
- ☐ Peaceful Playgrounds
- ☐ Playworks Playworks Game Guide

Engaging the school community to support recess

- ☐ Minneapolis Department of Health and Family Support Play to Learn: Active Recess Through Systematic Supervision
- ☐ Minnesota Department of Education Recess Moves: A Toolkit for Quality Recess
- ☐ Brock University The Recess Project Program Manual
- ☐ Playworks The Playbook
- ☐ Government of Alberta Using Active Supervision: Teacher Tip Sheet
- ☐ Centers for Disease Control and Prevention: Parents for a Healthy School website Recess: How Can You Help?

Gathering data on recess

- ☐ Minneapolis Department of Health and Family Support Play to Learn: Active Recess Through Systematic Supervision
- ☐ Minnesota Department of Education Recess Moves: A Toolkit for Quality Recess
- ☐ System for Observing Play and Leisure Activity in Youth (SOPLAY)
- ☐ Government of Alberta Using Active Supervision: Teacher Tip Sheet

Other recess resources:

https://sparkpe.org/wp-content/uploads/2009/11/K2_R_Inclusive_Strategies.pdf

- <http://www.actionforhealthykids.org/game-on/find-challenges/cafeteria-challenges/1232-recess-before-lunch>

- Play First Lunch Tool Kit: <http://healthyeatingatschool.ca/uploads/play-first-lunch-toolkit-september-2007-kr.pdf>
- Recess for Learning Brochure: <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/Recess3A.pdf>
- ******Moving Research into Action:** https://activelivingresearch.org/files/ALR_Brief_Recess.pdf
 - https://activelivingresearch.org/sites/default/files/ALR.Resources.Summary_Schools_10.14.15.pdf
- *****Recess Game Library:** <https://www.playworks.org/game-library/>