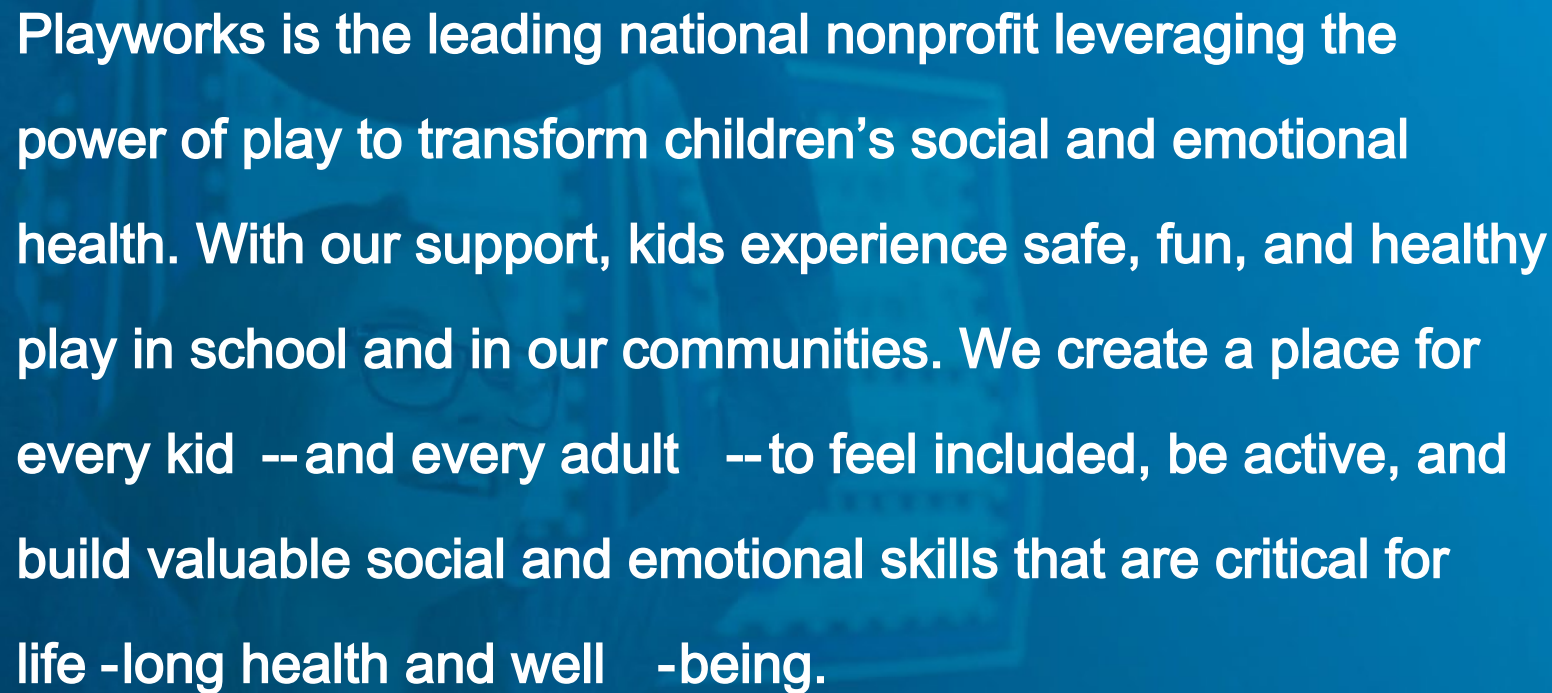


A group of diverse children, including boys and girls of various ethnicities, are gathered together. One child in the foreground is holding a ball. The entire image has a blue overlay.

Recess Quality - It Matters!

Playworks - Audrey Hallman and Abby Roach



Playworks is the leading national nonprofit leveraging the power of play to transform children's social and emotional health. With our support, kids experience safe, fun, and healthy play in school and in our communities. We create a place for every kid --and every adult --to feel included, be active, and build valuable social and emotional skills that are critical for life-long health and well-being.

A woman with glasses is smiling and holding a large blue balloon. The background is a solid blue color with a faint, semi-transparent image of the woman and the balloon. The text "Let's Play!" is overlaid in white, bold font.

Let's Play!

Objectives

Participants will be able to...

- Articulate the importance of a high quality recess
- Explain why we use the Great Recess Framework (GRF)
- Understand the components of a high quality recess
- Experience a Mock Playworks Recess
- Leave with a tool to better understand the quality of their own recess

Why High Quality Recess

- Newly published research demonstrates that “recess quality, rather than time and access, is associated with positive social and emotional health outcomes.”
- High quality recess significantly predicted
 - Emotional self -control
 - Positive classroom behavior
 - Executive functioning
 - Resilience



Massey WV, Thalken J, Szarabajko A, Neilson L, Geldhof J. Recess quality and social and behavioral health in elementary school students. J Sch Health. 2021; DOI: 10.1111/josh.13065



Introduction to the Great Recess Framework

What is a great recess?

Playworks needed a consistent way to measure **recess quality** across services, regions and schools.

History



Design Phase



Testing &
Refinement



Adoption

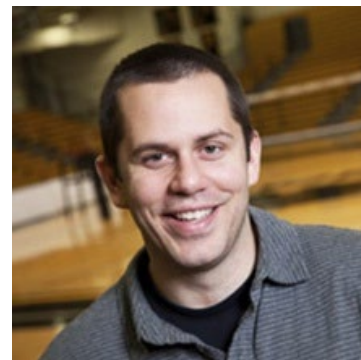


Expand &
Deepen

Valid and Reliable Tool

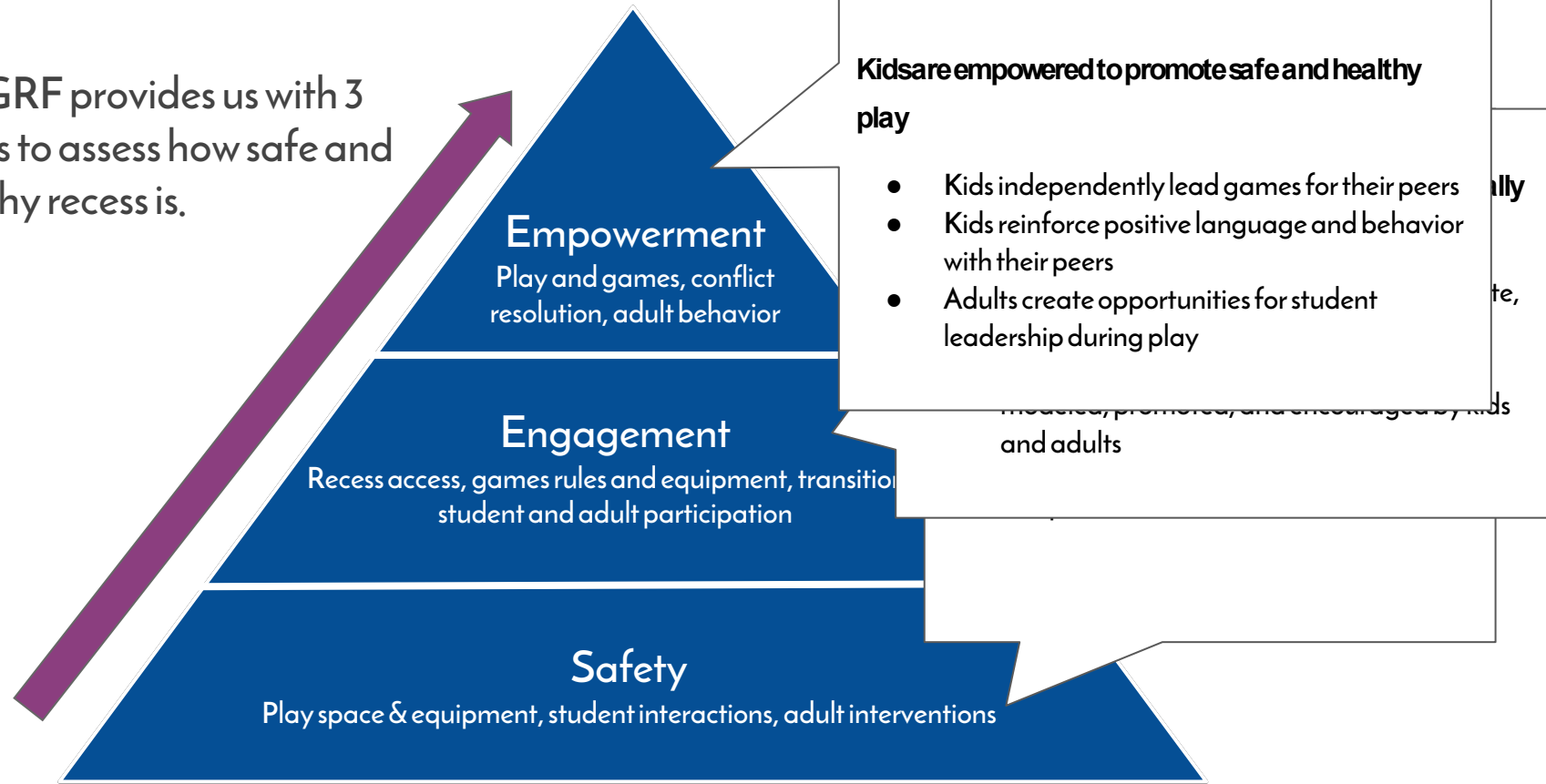
Through partnership with an external researcher, we can now say...

Evidence supports the Great Recess Framework as a **valid and reliable** assessment tool to observationally measure the quality of the recess environment.



Citation: Massey et al. BMC Public Health (2018) 18:394
<https://doi.org/10.1186/s12889-018-5295-y>

The GRF provides us with 3 lenses to assess how safe and healthy recess is.



Great Recess Framework



Mini Mock Recess

PLAYWORKS  PLAYWORKS

Mini Recess Debrief

Safety	Engagement	Empowerment

Mini Recess Debrief

Safety	Engagement	Empowerment
<ul style="list-style-type: none">• Common rules and clear boundaries• All kids are welcomed and encouraged to join games• Conflict does not escalate• Verbal and nonverbal communication is positive	<ul style="list-style-type: none">• Majority of kids are actively playing• Games are varied, inclusive, age-appropriate, and allow for student choice• Empathy, respect, and cooperation are modeled, promoted, and encouraged by kids and adults	<ul style="list-style-type: none">• Kids independently lead games for their peers• Kids reinforce positive language and behavior with their peers• Adults create opportunities for student leadership during play

Recess Checkup

What's Included

Discover what's working and uncover areas for improvement, so that you can promote a safe and healthy school environment.



Receive tailored recommendations for making improvements where they're needed the most.



Get Adults Participating →

Teacher and staff participation has a big influence on how students engage and behave on the playground.



Use Positive Language →

Small encouragements on the playground can change how kids behave in and out of the classroom.



Teach Students to Resolve Conflicts on Their Own →

Help your kids settle disagreements with these proven conflict resolution techniques.

Recess Checkup Prep

Watch

Are students playing games?

Are adults participating?

Are games in designated areas?

Are games inclusive of different genders and abilities?

Do students resolve their own conflicts or is adult intervention needed?

Do students listen to each other and get along?

Listen

Is language positive or negative?

Consider

Can students choose and set up games on their own?

What do your student leaders do?

Thank you!

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