

Peaceful Playgrounds™ newsletter play nice!

Children's "Right to Recess"

QUESTION FROM A KDG TEACHER:

"I am looking into alternatives to taking away recess as a form of punishment. At our elementary school, the children have a 30 minute recess period every day. However, if a child does something during the day (hitting, biting, etc.) the punishment is usually missing recess. Our board has determined that this is not in keeping with our new wellness policy. I am researching alternatives."

ANSWER:

Given the value of recess in a student's physical and social development, and the need for periodic breaks from classroom instruction, using recess as punishment is inappropriate.

Download 60 Alternatives to Withholding Recess and do your part in getting kids active at www.peacefulplaygrounds.com/recess-alt.htm or email Melinda@peacefulplaygrounds.com for a complete listing of alternatives to withholding recess.



No-Cost Alternatives to Withholding Recess

1. Sit by friends
2. Watch a video
3. Read outdoors
4. Teach the class
5. Have extra art time
6. First to line up
7. Homework coupon
8. Coupon for prizes and privileges
9. Enjoy class outdoors
10. Play a computer game
11. Read to a younger class
12. Get a no-homework-pass
13. Make deliveries to the office

For a complete list go to:

www.peacefulplaygrounds.com/recess-alt.htm

Peaceful Playgrounds Workshop February 16, 2007 Los Angeles

Register Early – Download Registration Form
workshop-02-16-07.pdf

Call 877-444-9888 for registration or email
info@peacefulplaygrounds.com

January © 2007 Play Nice! Newsletter
Melinda Bossenmeyer, Ed.D - Peaceful Playgrounds™
PO Box 45586 Los Angeles, California 90045
877-444-9888 Toll Free 310-216-7700 Fax
Email info@peacefulplaygrounds.com
<http://www.PeacefulPlaygrounds.com>

Start the New Year with a Walking Club

Suggested Club Activities to Keep Kids Interested:

Regular walking schedule (before school, lunch recess, etc.)

Coaching in walking techniques

Walking Bulletin Board

School Newsletter – updates on Mileage Club

Club incentive program - Certificates or awards for attaining mileage marks or achieving goals.

Host a walking event like the March of Dimes Walk America, American Heart Walk or other charity event

Club hats, t-shirts, patches, or other identifying articles

Track your walks together. Walking Logs and Trackers

Use Google Map Pedometer to easily measure and motivate walking distances. <http://www.webwalking.com/googlemap.htm>



"WE COUNT"
Now Available!

The We Count Walking Program is an innovative new program designed to get kids fit with the slogan, "Get Fit, Don't Sit". The "We Count" Walking Program comes complete with teacher materials to support cognitive development in the areas of physical activity, nutrition and concepts related to combating obesity.