

# Play Nice! Newsletter

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Melinda Bossenmeyer, Ed.D. ph 877-444-9888

## School Talk!

Children with little to do during their playtime may resort to seeking adventure through various forms of illicit play- for example, fighting, teasing and annoying other children.

Evans 1989

## Reducing Bullying

Results from the National Survey of Schools in (Blatchford, 1998) show that there is a general view amongst staff that children's behavior has worsened over the past five years, with one in four schools feeling that behavior at recess has deteriorated, with an increase in aggression and more difficult behavior. The study concludes that children today tend not to be as constructive in play as they used to be, are more likely to be idle on the playground, and have forgotten many of the traditional games once regularly seen. This lack of purpose can quite often be the root of bullying problems.

**Peaceful Playgrounds Research** (2000) found that children on a "typical playground have few developmentally appropriate games choices, with basketball, tetherball, 4 square, and volleyball being the most often marked on a playground. These games kept 10-20% of the students involved in game activities. Introducing the over 100 games choices in the Peaceful Playgrounds Program resulted in nearly 80% of the children being involved in games and/or activities." The research findings further indicated that playground markings were important because without the markings children soon forgot about their game choices after a short period of time.

### MARKING THE PLAYGROUND

A range of appropriate playground markings can help promote physical activity and play in primary grades. Results from a recent study in England showed that the physical activity level of 5-7 year olds increased by approximately 20% after playground markings had been added. Children's play was also found to be generally more focused and purposeful (Stratton, 1996).

## Game of the Month 4 Corners



### Procedure:

1. Four active players take a spot on the four outside corners of a four square court.
2. The person that is "it" stands in the middle ready to tag an outside corner.
3. Play begins when "it" says "scramble". All players must move to a new corner. It tries to beat a corner player to a corner spot thus, getting out of the center.
4. If "it" gets to a corner first then the player left without a corner becomes "it" and goes to the middle of the square. Game continues.

This is a great game for grades K-5 and does not require equipment!

### COMING NEXT MONTH

Need Funds for Peaceful Playgrounds? Watch for our **100% profit fundraising** idea. Forms, letters, volunteer letters and everything you need for planning a Jogathon Fundraiser will be available on our website at:

[www.peacefulplaygrounds.com](http://www.peacefulplaygrounds.com) or next month in the April Newsletter. Check out our website for grant writing help.