

Psychological Benefits of Recess vs Brain Breaks

Outdoor unstructured play vs Indoor classroom short breaks

<i>Psychological Benefits</i>	<i>Outdoor Unstructured Play</i>	<i>Indoor classroom brain breaks</i>
Increases imagination and creativity	✓	
Increases self-monitoring skills (organizing games/developing & following their own rules)	✓	
Increases problem solving skills	✓	
Internal narratives germinate new behaviors, thoughts, strategies, movements, ideas and ways of being	✓	
Facilitates (is essential to) the maturity of social and emotional development:	✓	
Cooperative socialization, boundaries, empathy, self-control	✓	
Emotional intelligence...the ability to perceive others' emotional state and adopt an appropriate response	✓	
Reduce psychological fears and insecurities that can threaten emotional closeness	✓	
Assists in managing stress/anxiety	✓	✓
Opportunities to practice leadership skills	✓	
Increases emotional resiliency	✓	
Increases concentration/mental focus/attentiveness (results in better behavior)	✓	✓ *
Provides a mental break (directed attention) and activates involuntary attention needed to restore ability to resume directed attention	✓	✓
Helps to relieve depression	✓	✓ *
Nourishes the spirit	✓	
Promotes development of social skills	✓	✓ *
Promotes the movement (stimulation)-pleasure link	✓	✓
Promotes development of self-confidence, comfort in one's "own skin"	✓	
Provides opportunities to get to know "authentic self"	✓	

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