



## The LiNK Project: Year 1 Public School Attentional Fatigue Results (Year 3 Overall) 2015-2016

*Our mission is to bridge the gap between academics and the social, emotional and healthy well-being of children. The LiNK Project aims to develop the whole child through increased recess and character development.*

**Attentional fatigue:** The intervention schools were demonstrating the ability to react with a dual reaction time task as well in the afternoons as in the mornings. The figure below shows that the comparison schools were not able to attend as well as the intervention schools in the morning or in the afternoon. The pattern (a difference between comparison and intervention schools) stayed the same for spring as it was in the fall. However, we didn't see a time difference (so, no widening gap between comparison and intervention schools as the year goes on). This means that recess is an added benefit of attention and less attentional fatigue from the time they begin the study in the fall through to the end of the school year in May. The figure below demonstrates the results. Comparison – Groups 1 & 2; Intervention – Groups 3 & 4. The reaction time below the 0 line means ability to react faster with dual tasks. Above the line means slower ability to react.

