



Suggested Recess Expectations and Loose Parts Considerations

The LiiNK team has collected data over the last 10 years showing that these rules/expectations work when children play at recess.

Suggested Unstructured, Outdoor Recess Expectations if trying on your own:

- Each grade level teacher schedule should have four 15-minute segments included with designated playground assigned daily
- 15 minutes of unstructured, play for each recess time daily (clock starts when the first child exits the building and clock stops on the playground before calling children to transition)
- Safety first! Teachers should be spread around the playground area to monitor and stop inappropriate play behaviors
- Working as a grade level team is important, but if by yourself, bathroom break should be on the way out to recess, not on the way in
- Try to be comfortable with voices on the playground being any level; Listen for and react to distress or anger
- Try to create the need to go to unstructured, outdoor recess if weather permits
- Recess should not be withheld as a punishment for misbehaving in class if at all possible
- Weather guidelines have been suggested in a different resource file included on this site

Recess Loose Parts Considerations

- Try not to allow balls on the playground – this will decrease bullying
- Supply your own loose parts; having children bring their own creates chaos
- Try to keep technology (phones, ipads, etc) out of recess
- An equipment items list is available for schools needing extra playground items
- Music chimes, chalk boards, water, hills, natural environments are recommended in playground spaces. Opportunities for balance, agility, coordination, climbing, hanging, and rolling are strongly encouraged.
- PTA's are encouraged to help with equipment/loose parts needs