

Testimonials

5th Grade Teacher

This is my fourteenth year of teaching. I love the LiiNK Project. But at first, my thinking was 'How am I going to fit everything into the time that I need to get done?' As I relaxed about that, so did the students. Now we come in from recess and they beat me into the room. They're already working by the time I walk in.

Principal

We have less time getting [students] on task. They are more attentive, their grades have improved, and I've had no discipline reports in 5 years.

3rd Grade Teacher

Before LiiNK, I was one of those teachers who was being hit and having things thrown at me. My room was torn up. It was really ugly. When I would try to get to the phone for help, my shirt would be stretched to the wall from kids pulling on it... This year was hands down the easiest year I've had with behavior.

Superintendent

You see kids able to, very quickly move from the recess environment and within minutes are back in the classroom learning.

District Director of Whole Child Initiatives

We have increased outside, unstructured play time within the school day, and we have not had any decrease in academic gains. But we have had an increase in social-emotional outcomes, happiness, self-regulation and resiliency.

Parent

As a mom, I have noticed that come bedtime there is no arguing.



About the Director

Deborah Rhea, Ed.D. is professor of Kinesiology and founding director of the LiiNK Project at Texas Christian University. Dr. Rhea began as a teacher/coach in public schools and then transitioned to the university setting for a 45+ year span. She has received LiiNK national media attention (eg., Today Show, NBC Nightly News). She is an author, researcher, motivational speaker, educational consultant, and behavior change trainer.



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Let's bridge the gap between academics and **the whole child.**



What is LiINK?

The **LiINK Project**® (*Let's inspire innovation 'N Kids*) began in 2012 to help bridge the gap between academics and the whole child. We've had a positive impact on thousands of teachers and administrators across multiple states. Our research shows positive results across all types of schools and diverse student populations. The LiINK Project® has also earned international attention for what we have accomplished in the U.S. By providing teacher training, leadership development, and adjusting policies and procedures in the schools, we have created a more cohesive learning environment.

We implement this program by using two intervention strategies to enhance mental and physical health in our children.

1 Recess or Unstructured, Outdoor Play Breaks

Four 15-minute outdoor, unstructured play breaks throughout the day.

- ✓ Increased attentional focus
- ✓ Improves social skills
- ✓ Enhances problem solving, creativity, critical thinking skills
- ✓ Helps boost immune system

2 Character Development

Daily 15-minute **Positive Action**® character curriculum lessons in the schools.

- ✓ Reduces discipline issues
- ✓ Improves behavior
- ✓ Increases respect for self and others (less bullying)



3-Day Teacher Training

Training will look different depending on your school's needs. Options include:

- Fall/Spring Training
- Spring Training only
- Summer Training

Day 1 Training

- Why change is needed in schools
- Understanding the intervention
- Introduction to LiINK

Day 2 Training

- All about Recess and Character
- Unstructured vs. structured recess
- Indoor vs. outdoor breaks

Day 3 Training

- Intervention Strategies
- Policies and Procedures
- Transition Training, etc.

Results

Student Distraction is down by...

40%

Students are much more focused in the classroom

120

instructional minutes gained daily



70% decline in chronic stress (grades 3-5 children)

U.S. shows a steady rise of **Fat Mass in Children**



Non-LiINK children show 17% increase in obesity level.



Students of the LiINK Project

LiINK Project children show 7% decrease from overweight to healthy weight.