



SCAN ME

ACTIVE RECESS

Quick Start Guide



BUILDING HEALTHY COMMUNITIES

As part of the *Building Healthy Communities* program, we aim to provide your school with all of the resources you need to make the most of your recess time, including equipment and play guidance.

Watch this short video to learn more about why recess is so important for students.



Tips for Getting Started:

The BHC website provides lots of useful information to help you implement an Active Recess which can all be found at www.bhcwsu.org.

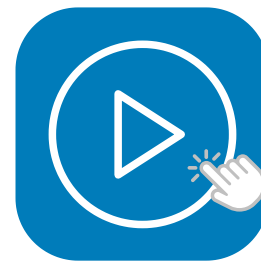


First, you will have to create a login. Visit the BHC website at bhcwsu.org.



ON THE ACTIVE RECESS PAGE OF THE WEBSITE YOU'LL FIND:

- Equipment information
- Recess Planning Resources
- Indoor and Outdoor recess ideas
- Movement Challenges



Watch this 3-minute BHC Website Navigation Video to learn how to create your unique login in a few simple steps and navigate the website.



Check out the **ACTIVE RECESS** training on the BHC website for more detailed information.

Active recess resources!

Playground Planning

Because active students are better learners, it's important that you intentionally plan for them to actually be active.

- Make sure all students get at least 20 minutes of recess each day
- Teach positive playground expectations
- Set up your space! Learn more about [mapping your playground](#)
- Give students options
- Plan for indoor recess, too!



Equipment Management

Once you've set up your recess cart and labeled all of the equipment, you're ready to roll! It's useful to create some shared management strategies to maximize the cart's fullest activity potential.

- Review the BHC provided [Gopher Equipment Inventory List](#)
- Contact Gopher Sport Customer Care (855-899-9560) to replace broken or damaged items.
- Create a plan for getting the equipment out each day and returning it—this can be a great opportunity to recruit student helpers and promote leadership skills.

What does an Active Recess look like?

Walking, running, playing... At the end of recess students should be:

- Breathing heavily
- Sweating
- In need of water
- Feeling tired



How to get there?

- Utilize the [Playground Game Activity Cards](#) along with the Recess Gopher Equipment

Ask students to think through...

- What equipment can I use?
- Who can I share it with?
- What can we do with it?

Recess Resources:

When students are engaged in activity during recess they are less likely to need behavioral corrections, but when they do, aim to quickly resolve problems and redirect children to positive behavior as much as possible. Aim to focus your interventions on more activity, not less – consider an active challenge instead of requiring the student to sit out or miss recess.

- Check out [BHC Restorative Recess](#) for healthy alternatives to withholding recess and an active discipline approach
- [Peaceful playgrounds](#) helps to prevent bullying and promote positive social interaction on the playground.
- Check out the Playworks game library [here!](#)