



Alternatives to
Withholding
Recess -
Positive Alternatives



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Part II - Positive Alternatives to Withholding Recess

In 2011 the Centers for Disease Control published a paper entitled, The Association Between School Based Physical Activity including Physical Education and Academic Performance. The findings speak to the importance of recess in respect to academic performance. “Eight studies looked at the impact of physical activity during recess on academic performance. 59% of the outcomes for recess were positive. “In addition, all eight studies found one or more positive findings suggesting that recess was associated with improvements in attention, concentration, and/or on-task behavior. “

Given the many documented benefits of recess it seems counter productive to withhold recess for discipline reasons. The child who has difficulty sitting still is most likely a child that needs recess to decompress and burn off energy.

This is the second article in a set of three suggestions that focus on alternatives to withholding recess. Some ideas for positive alternatives are listed below:

1. Sit by friends
2. Watch a video
3. Read outdoors
4. Teach the class
5. Have extra art time
6. Extra music and reading time
7. Homework coupon
8. Coupon for prizes and privileges
9. Enjoy class outdoors
10. Play a computer game
11. Read to a younger class
12. Get a no homework pass
13. Make deliveries to the office
14. Listen to music while working
15. Play a favorite game or puzzle
16. Earn play money for privileges

17. Walk with a teacher during lunch
18. Be a helper in another classroom
19. Eat lunch with a teacher or principal
20. Dance to favorite music in the classroom
21. Get "free choice" time at the end of the day
22. Listen with a headset to a book on audiotape
23. Have a teacher perform special skills (i.e. sing)
24. Have a teacher read a special book to the class
25. Recognition with morning announcements
26. Chat break at the end of class
27. Taking care of the class pet
28. Extra recess
29. Small playground equipment to check out
30. Leading the class to lunch, recess, library or other adventure
31. Music concert at school
32. Walk break from class
33. Have lunch or breakfast in the classroom
34. Private lunch in classroom with a friend
35. Show-and-tell
36. Play favorite game
37. Teacher performs special skill: cartwheel, guitar playing
38. First to line up.
39. Teacher's helper.