

## **Recess for All!**

HF 271: Rep. Heather Edelson SF 183: Sen. Erin Maye Quade

Recess should not be withheld from kids as a form of punishment because:

- We know that recess is an essential part of a child's day and children need the opportunity to reset their bodies and their minds.
- Recess provides an essential opportunity to develop social skills in less structured environments.
- Studies demonstrate students are more attentive and better able to perform school tasks following recess.
- We are concerned that recess detentions. like most forms of discipline, are disproportionately used on children with disabilities, children from communities of color, and especially children with intersecting identities.
- When a child is not meeting adult expectations, it is usually because they lack skills rather than willful disobedience. Our response should focus on teaching those kids the skills instead of punitive measures.

## **Supporting organizations:**





















"Children are already growing up in a world without sufficient communication access. We are raising kids who are on screens all day long, and school should be a time where kids are taken outside. Being in nature is a right not a privilege and it not something that can be withheld."

"One reason some children can't concentrate is that they aren't getting enough activity breaks during the day. Taking away their one approved time to move and run and play is detrimental to their

mental, social, and

physical health."

"It is important for children to have recess as an outlet and regulating tool as well as for social interactions with peers. It benefits

nobody to take

away recess as a

punishment."

Taking away recess doesn't improve behaviors. In fact it may make them worse.

children to move their bodies will help them stav focused and listening during critical times. " **Quotes from** Minnesota "Recess is just as important to a **Parents** child's learning as reading, writing, or and arithmitic. Taking recess away is **Teachers** counterproductive."

"If anything, children

should be getting more

time is critical to child development. Acting out

recess. Unstructured play

in class is often the result

too long a period of time.

More opportunities for

of children being forced to sit still and quiet for

"Children \*need\* recess. They need time to get up and move around.
Studies show that recess helps kids focus better in school. Taking away recess will not help problems but may make them worse."

"My child was often punished for manifestations of his disability, such as being too slow at completing work, being impulsive and talking too much or fidgeting too much or having difficulty initiating tasks and knowing what he was supposed to do, so some teachers would punish him by taking away his recess. But a kid who has so much energy and has trouble focusing and sitting still needs more breaks, not less."