



Homefield Advantage Recess Refresh

This useful one-pager provides practical ways for parents and family members to get involved in making this Play a success – in school and at home!

Lend a Hand at School

- Organize a parent meeting at your school to discuss needs and ideas for making all the physical activities of your school more inviting. Enlist other parents to help survey the community for possible donations of equipment and/or services.
- Volunteer to help supervise activities during recess or other periods of physical activity.
- Work with the Fuel Up to Play 60 Program Advisor to encourage the administration to create a schedule that allows recess before lunch and/or physical activity during free periods.

Help at Home

- Engage elementary children in talking about what happens on the playground.
- Encourage your child to share his or her views on what would make physical activity more fun and engaging — and about new ideas for incorporating physical activity throughout the day.
- Teach your younger child a new, physically active game he or she can play with friends during recess.
- Encourage older children to get together with friends for physical activity like a ball game, a hike, or a run around the track.