



## Recess Refresh – Quickstart Guide



### What to Do

[Learn more](#)

Select from the Play program choices or your own ideas

- Plan a “Dress Up Day” where you improve your indoor and outdoor areas to make them more inviting for physical activity
- Work with your school team to look for ways to add or improve activity time – [recess before lunch](#), additional free periods for older students, and other ideas
- Plan a long-term timeline for making additional positive changes to your physical activity spaces



### Who Can Help

[Learn more](#)

Get key people to support your plan

- Principal
- P.E. and other Teachers
- Parent Volunteers and Students



### Build Interest

[Learn more](#)

Let students, parents, and others in the school community know what you are doing, and get their input

- Work with the people who supervise recess or break times to see what emphasis they put on structure versus free activity
- Consider surveying students to find out what they would like



### Share Your Results

[Learn more](#)

Highlight your successes and get more help

- Ask your PTA or local businesses to help with donations, landscaping, and stenciling or paint for murals
- Send home awareness information and share on social media



### Community

[Learn more](#)

Find ways to make this Play last

- Organize “Promoting Play” days; pick one area to beautify each time
- Host physical activities and fun events to keep excitement up