



Recess Advocacy Team

A group of organizations dedicated to health, wellness, education, and play with a focus on recess practices and policies in pre-k through sixth grade.

Recess is key to helping students reach their full potential within the classroom and beyond. Several studies show that recess increases children's attention span and productivity in the classroom. Additionally, recess promotes social and emotional skills that become fundamental lifelong tools.¹

Parents, educators, and caregivers recognize how important recess is for a child's success. In a recent survey of over 800 individuals, 95 percent of respondents believe that recess is very important to children's health and wellbeing while 88 percent of respondents recognize that recess is very important to a child's academic success.²

playfulpittsburgh.org/recess-advocacy-team/

@playfulpgh
#recessmatters

recess@tryingtogether.org
#recesspgh



“I never take recess away from my first graders. If they miss some time, I have them walk quietly for five or ten minutes, but **my kids need recess every day!”**

First Grade Teacher



“I think it is really important for even the older students to have recess.

It is a time for them to learn how to **play with others** and **develop social skills.”**

Fifth/Sixth Grade Teacher



“I feel strongly that every child should have the opportunity to move their body and let out steam so they can have the mental clarity to learn.”

Second Grade Parent



- 1 American Academy of Pediatrics. (2013). The Crucial Role of Recess in School. Retrieved from <http://pediatrics.aappublications.org/content/pediatrics/131/1/183.full.pdf>.
- 2 Recess Advocacy Team. (2018). Survey Results.