



Alternative Options to Withholding Recess and Physical Activity

In a national survey of principals, more than three-quarters state that students in their schools are punished by withholding recess, but evidence shows that this is the wrong tactic. Taking physical activity away from children decreases their attention spans and ability to focus in the classroom and increases

epidemic, it is more important than ever for children to be physically active throughout the school day.

According to the CDC, children need 60 minutes of physical activity each day. Recess can help students reach that important health goal.

Over 80% of principals report that recess has a positive impact on academic achievement
Two



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Other Tips to Manage Classroom Behavior

Include students in establishing expectations and outcomes early in the year and review those expectations and outcomes frequently

Be consistent with enforcing behavioral expectations within the learning environment

Reward compliance with rules

Wait for students to be attentive before providing directions