



ENSURING EVERY CHILD'S RIGHT TO PLAY

RECESS RIGHTS

Inclusive play is a right, not a privilege – for every child, everywhere.



BENEFITS OF RECESS



Students who engage in regular recess demonstrate better attention and cognitive functioning, which translates to enhanced academic outcomes (Hodges et al., 2022).



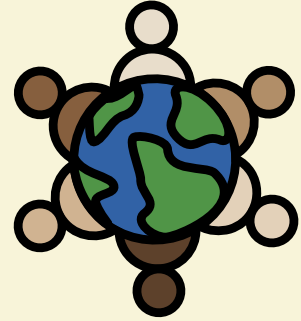
Recess provides a platform for children to negotiate, resolve conflicts, and build friendships, critical for their emotional well-being (Ryan, 2023).



Regular recess helps students meet daily physical activity guidelines, promoting overall health (Massey et al., 2018).

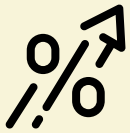
EVERY CHILD HAS THE RIGHT TO PLAY (UNICEF, 2020)

Recess fulfills these rights and is crucial for children's development and well-being.



More low-income students receive less recess time, despite their greater need for such breaks (Massey et al., 2018).

RECESS ACCESS



Children in schools with a higher percentage of low-income students...



Less recess time (Massey et al., 2018).

NATURE-BASED PLAY

Schoolyard greening significantly increases children's moderate-to-vigorous physical activity (MVPA), especially among girls (Raney et al., 2021).

BENEFITS

COOPERATION



Enhanced cooperation among peers: Recess offers valuable opportunities for children to develop social skills through unstructured play.

ENGAGEMENT

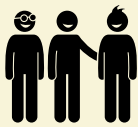


Increased engagement in recess: Prioritizing recess and offering diverse, inclusive activities ensures all children can find something that suits their interests, boosting participation and engagement (Massey et al., 2018).

INCLUSIVE PLAY

Creation of inclusive play environments that cater to diverse needs: Ensuring recess offers inclusive activities and spaces for all abilities is key to addressing inequities in access to physical and social engagement.

PROMOTING MEANINGFUL RECESS: STRATEGIES FOR SCHOOLS



Inclusive Practices: Develop programs that engage all students, including those with additional learning needs (Hodges et al., 2022).



Nature-Based Playgrounds: Invest in green spaces to encourage active and inclusive play (Gallagher-Mackay et al., 2021).



Policy Advocacy: Form recess task forces to present research on the benefits of recess to school boards.



Training for Staff: Provide educators with tools to facilitate meaningful play experiences.