

# Recess Program



Urban Initiatives' (UI) Recess Program enhances and enriches the value of recess as a vital break from the demands of the academic day. By taking a healing-centered approach, highly-trained UI Recess Coaches provide opportunities for improved physical activity, community building, and social emotional learning development through active play. They maximize impact by implementing active, safe, restorative, and fun recess every day!

## THE BASICS:

Recess programming provides active structured play with opportunities for social emotional learning skill development:

- 6 hours of staffed support by Recess Coach
  - 20 min of structured recess activities per grade, daily
  - Additional duties during non-recess hours (e.g., lead classroom energizers, provide front office support, join school committees, etc.)
- 1 PD session for all school-based recess support staff

**Cost: \$37,000 annually**

## UI PROVIDES:

- School-based Recess Coach
- Training for coach & additional recess staff grounded in principles from the Weikert Center for Youth Program Quality
- Accessible management to support program quality with bi-weekly in-person presence

## SCHOOL PROVIDES:

- Designated, conducive space for both outdoor and indoor recess activities
- Additional staff presence at recess to support student safety and program quality
- Administrative point person of contact for UI staff

## OUR PHILOSOPHY

Often recess and play within a school community is viewed as a privilege - one that is frequently the first to be lost when youth break rules and overstep boundaries. We believe play is a right, and that when used correctly, recess can be a center for restorative and healing centered practices that create improved school cultures where youth can thrive. With buy-in from key staff members, we build a coalition that provides youth with essential play-based learning opportunities that benefit the entire school day.

Need more info?

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