

# When Should We Take Away A Student's Recess?

## A Teacher's Guide

Start Here!



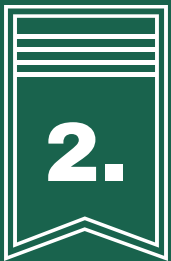
A child is...

- ...disruptive in class.
- ...running down the hallway.
- ...not finishing a class activity.
- ...not completing their homework.
- ...showing disrespectful behavior.

**This issue has nothing to do with recess.**



The above student scenarios can be real problems. But they are not recess problems. At the root, these issues are related to academic, social, or self-management issues.



As teachers, we can take one of two paths: take away recess even though it's not related to the issue, or provide students the specific skills that they can use in the future to solve these problems.



We must ask ourselves these tough questions:

- Do we take away recess because it's easier than systematically teaching self-management skills?
- Do we take recess away from the same children, which would suggest that this punishment is not working?
- Do we realize that taking away recess often leads to continued problems for the student (and teacher) for the rest of the school day?
- Do we treat recess as a bargaining chip with students?

## The Research Is Clear:

Recess provides real physical, social, mental, & emotional benefits.



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