

Indoor Recess

Resource Package – Cycle 3

In this package you will find the following:

1. Setting the Stage for Success with Indoor Recess
2. Suggestions for Indoor Activities – Quiet Activities, Physical Activities and Community Project Ideas - per cycle
3. Templates of Indoor Recess Schedule – per cycle sample and blank templates to personalize
4. Indoor Recess Classroom Rules
5. Sign for Available Materials

Setting the Stage for Success with Indoor Recess

- **Decide which materials are permitted** during Indoor Recess
 - Build a 'List of Indoor Recess Activities' that are permitted in your room – separate these into three categories: Quiet Time Activities, Physical Activities and Community Projects
 - Prepare a Menu of Activities based on the five days of the week and the three categories of activities.
 - Map out “what” will be available “when.” Be ready to make changes periodically to maintain interest and motivation.
- **Remove or put away** items that are not permitted – “out of sight, out of mind.”
- **Set-up a structure and routine** that will be implemented when Indoor Recess will take place.
 - Take the time to explain, teach and coach these specific routines. Deciding ‘who will go where,’ accessing materials and clean-up at the end of recess. Will this be decided daily, weekly?
 - Ensure that the adults who are on duty are aware of the ‘structures and routines’ in your specific classroom. It’s important that the students know, that the supervising adult is well informed and they will be guided with the same information and guidelines as if you were present.
- **Identify and label** where the Indoor Recess materials are kept
 - Label the area, baskets, specific area where these games and materials are to be returned to.
 - Name what is to be done for ‘projects under construction’ – picking up, storing in a ‘secure’ location, etc.

Setting the Stage for Success with Indoor Recess

- On the day of “Indoor Recess” – Put your “Plan” into ACTION!!
 - **Prior to recess:**
 - Review schedule – identify the day and name which materials are available
 - Determine ‘who’ will go ‘where’ based on the system chosen with your group
 - Review Indoor Recess Rules
 - Review Clean-up Process at the end of Indoor Recess
 - Remind adult on supervision of the structure, routine and clean-up procedures in your room
 - **During recess:**
 - Adult supervision, guiding, coaching to ensure that a good time is had by all
 - Five minutes prior to the end of recess – cue for 5 remaining minutes. Start of clean-up.
 - Coach and prime good clean-up.
 - Adult supervising - Give feedback to students on what went well and any improvements that may be needed - in the presence of the classroom teacher, to bridge any potential communication gap.
 - **Following recess:**
 - Classroom teacher – Have a short discussion with the group – how did they find this set-up, pros/cons, suggestions for improvement.
 - If deemed necessary - make adjustments in the selection of activities available (if problems arose or students were not interested in the specific activity) seek their input and suggestions. Determine if their suggestions are feasible for your classroom.

The goal of having a schedule, is that there is structure, not all items are potentially out at once (which makes clean-up much more challenging and students quickly get bored). By having materials available on rotation, and switching it up, adding in new items periodically, it is much easier to maintain interest and motivation to follow the structure and routines for successful Indoor Recess.

Indoor Recess Activities – Cycle 3

| Quiet Time Activities | Physical Activities | Community Project |
|--|--|---|
| <ul style="list-style-type: none"> ✓ Mandalas/coloring pages ✓ Origami (have patterns, paper and samples already made) ✓ Reading ✓ Listening to music ✓ Cards, Uno, YUM, Skip Bo ✓ Rush Hour, Tip Over ✓ Blockus (for 2, for 4) ✓ Tenzi (dice game, 77 ways to play) ✓ Battleship, Mastermind ✓ CLUE, LIFE, Sorry ✓ Checkers, Chess ✓ Spot it!, Dobble ✓ “Craft Station” – having different materials available, changing things up periodically to keep it interesting and inspiring ✓ Art for Kids Hub – can watch wide variety of how- to-draw videos, usually under 15 minutes in length ✓ Search’n Find books, placemats ✓ <u>Personal project:</u> <ul style="list-style-type: none"> ✓ Knitting, weaving, craft creations ✓ Fidget making ✓ Scrapbooking ✓ Sketching (personal book) | <ul style="list-style-type: none"> ✓ Go Noodle/Let’s Dance ✓ Minute to Win It Challenges ✓ Desk Drumming – create their own routines ✓ Pool Noodle workout ✓ Alphabet Fitness ✓ Boks Fitness program ✓ Yoga exercises ✓ ”Create your own dance routine” ✓ Cup stacking – construction and destruction ✓ Foosball ✓ Twister ✓ 7-UP ✓ Basketball ✓ Mini golf, Mini Hockey ✓ Cup stacking – construction and destruction ✓ Fitness Monopoly | <ul style="list-style-type: none"> ✓ Team THEME mural on banner paper ✓ Class Puzzle ✓ THEME craft table ✓ Maze construction/simple wood projects ✓ Creating a class ‘Life-size JENGA’ with wood pieces and adding inspirational quotes to each piece ✓ Suspend ✓ Scattergories ✓ Pictionary ✓ Monopoly, Jumanji ✓ Head Bands ✓ Scrabble, Apple Scrabble, Bananagrams ✓ Create a “Class Treasure Hunt” ✓ Create a book (as a class or individually) ✓ Charades ✓ STEM challenges (ex. Tower Marshmallow Challenge, Catapult Challenge) |

Indoor Recess Activities – Cycle 3

| Quiet Time Activities | Physical Activities | Community Project |
|-----------------------------------|---------------------|-------------------|
| <p>✓ <u>Personal project:</u></p> | | |

Indoor Recess Schedule –Cycle 3

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| Indoor Recess PERMITTED Activities | | | | |
| Quiet Time Activities | Quiet Time Activities | Quiet Time Activities | Quiet Time Activities | Quiet Time Activities |
| <ul style="list-style-type: none"> ✓ Art Hub for Kids – How-to-draw videos ✓ Tenzi (dice game, 77 ways to play) ✓ Rush Hour, Hoppers, Tip Over ✓ Mandalas/coloring pages ✓ Personal project | <ul style="list-style-type: none"> ✓ Spot It!, Dobble ✓ Blockus (for 2, for 4) ✓ Cards, Uno, YUM, Skip Bo ✓ Listening to music ✓ Origami ✓ Art Hub for Kids – How-to-draw videos ✓ Personal project | <ul style="list-style-type: none"> ✓ Craft Station ✓ Tenzi (dice game, 77 ways to play) ✓ Rush Hour, Hoppers, Tip Over ✓ Reading ✓ Cards, Uno, YUM, Skip Bo ✓ Personal project | <ul style="list-style-type: none"> ✓ Checkers, Chess ✓ Blockus (for 2, for 4) ✓ Cards, Uno, YUM, Skip Bo ✓ Origami ✓ Mandalas/coloring pages ✓ Rush Hour, Hoppers, Tip Over ✓ Personal project | <ul style="list-style-type: none"> ✓ Battleship, Mastermind ✓ Tenzi (dice game, 77 ways to play) ✓ Cards, Uno, YUM, Skip Bo ✓ Art Hub for Kids – How-to-draw videos ✓ Rush Hour, Hoppers, Tip Over ✓ Personal project |
| Physical Activities | Physical Activities | Physical Activities | Physical Activities | Physical Activities |
| <ul style="list-style-type: none"> ✓ Go Noodle/Let's Dance ✓ Minute to Win It Challenges ✓ Create your own dance routine | <ul style="list-style-type: none"> ✓ Desk Drumming – create your own routine ✓ Yoga exercises ✓ Create your own dance routine | <ul style="list-style-type: none"> ✓ Pool Noodle workout ✓ Yoga exercises ✓ Minute to Win It Challenges | <ul style="list-style-type: none"> ✓ Alphabet Fitness ✓ Minute to Win It Challenges ✓ Go Noodle/Let's Dance | <ul style="list-style-type: none"> ✓ Boks Fitness program ✓ Yoga exercises ✓ Create your own dance routine |
| Community Project | Community Project | Community Project | Community Project | Community Project |
| <ul style="list-style-type: none"> ✓ Class puzzle ✓ TEAM THEME mural ✓ Scattagories ✓ Create a book – as a class or individually | <ul style="list-style-type: none"> ✓ Maze construction/simple wood projects ✓ Suspend ✓ STEM challenges (ex. Tower Marshmallow Challenge, Catapult Challenge) | <ul style="list-style-type: none"> ✓ Class puzzle ✓ Creating a class 'Life-size JENGA' with wood pieces and adding inspirational ✓ TEAM THEME mural | <ul style="list-style-type: none"> ✓ Creating a class 'Life-size JENGA' with wood pieces and adding inspirational ✓ Pictionary ✓ STEM challenges (ex. Tower Marshmallow Challenge, Catapult Challenge) | <ul style="list-style-type: none"> ✓ Maze construction/simple wood projects ✓ Create a class treasure hunt ✓ Scattagories ✓ Suspend |
| ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- | | | | |
| | | | | |

Indoor Recess Schedule –Cycle 3

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| Indoor Recess PERMITTED Activities | | | | |
| Quiet Time Activities | Quiet Time Activities | Quiet Time Activities | Quiet Time Activities | Quiet Time Activities |
| ✓ | ✓ | | | |
| Physical Activities | Physical Activities | Physical Activities | Physical Activities | Physical Activities |
| ✓ | | | | |
| Community Project | Community Project | Community Project | Community Project | Community Project |
| | | | | |
| ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- | | | | |
| | | | | |

INDOOR RECESS ACTIVITIES

Quiet Time Activities



Blokus



Card games



Battleship



Craft Station

Physical Activities



Fitness Bingo



Desk Drumming



Cup Stacking



Minute to Win It

Community Projects



Lego Wall



Jenga



Math Challenge Games



Community Puzzle

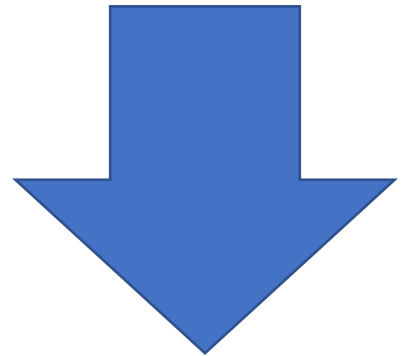
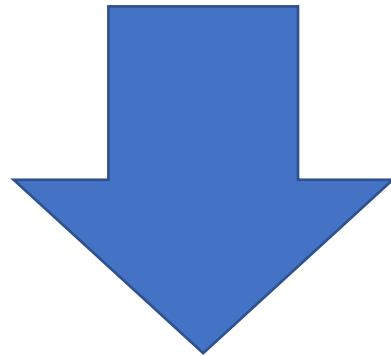
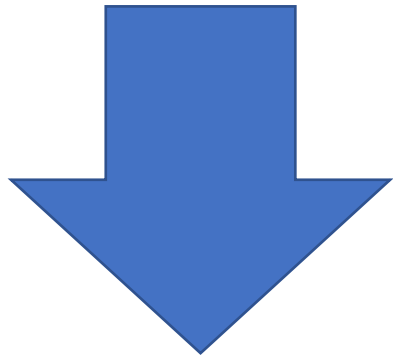
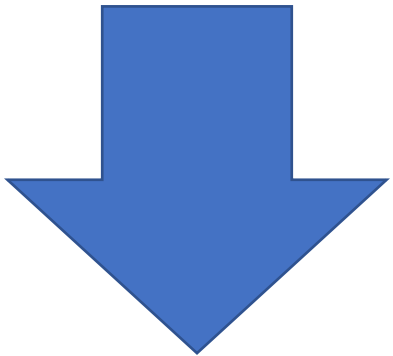
Indoor Recess Classroom Rules

1. Use the materials that are available today only.
2. Take out and return the materials with care – please ensure that all loose pieces are stored in their proper place.
3. Share materials/games with other students.
4. Stay within the area of your chosen activity.
5. If something gets damaged, please inform the adult on supervision.
6. Clean-up the area where you played or created.
7. Store unfinished creations in your personal bin or bag to continue at a later time.

Indoor Recess Classroom Rules

Create YOUR OWN set of Indoor Recess Classroom rules.....

**Indoor Recess
Activities
AVAILABLE
TODAY!!**



Selecting Activities:

Decide “*who*” goes “*where*” BEFORE recess starts

- Having a chart with 3 categories of activities:
 - Quiet,
 - Physical,
 - Community Project
- Identify how many students can be in each category or at any given activity.
- Students identified by their name
- Numbers organized on rotation:
 - Each student is given a number - class list, management system
 - Even numbered days – even numbered students choose their activity of choice first
 - Odd numbered days – odd numbered students choose their activity of choice first
- Random picking with popsicle sticks that have each student's name on them
- Determine the frequency of changing activities; daily, weekly, etc.
- Or, set the parameter that over the span on a week, they need to partake in 3 different activities of their choice.
- This allows for change, rotation and exposure to different types of activities.
- The goal is also to have fun during indoor recess!



Templates to create your Activity Selection Board

NOTE:

1. The templates are prepared in various font sizes for your convenience. Please choose the sizes which fit best with your bulletin board area or display format.
2. Color rectangles are to identify the number of 'places' available in each category.
3. White rectangles are for 'name plates' which can be laminated for extended use.
4. For groups that students are organized by a number, you will also find a template with numbers that can be printed.
5. These 'student identifiers' can be affixed with Velcro, FunTak or Magnets (if the Activity Selection for Indoor Recess is set-up on a magnetic surface).

| <div> <div>Selection by name</div> <div>INDOOR RECESS ACTIVITY SELECTION</div> </div> | | |
|---|---------------------|-------------------|
| QUIET ACTIVITIES | PHYSICAL ACTIVITIES | COMMUNITY PROJECT |
| Jackson Smith | Jonathan Jones | Tenisha Sharpe |
| Amy Banana | Erica Quick | Ahmed Saoud |
| Carl James | Roman Niles | Jessica Triumph |
| Gino Fabio | Alicia Navriska | Zoe Flint |
| Maxim Manchez | Roxanne Boxy | Ellen Grant |
| Joshua Bellinin | Jensen Almond | Antonio Rezzi |
| | Elie Nordstrom | Carry Walsh |
| | | Norman Ingram |

| <div> <div>Selection by number</div> <div>INDOOR RECESS ACTIVITY SELECTION</div> </div> | | |
|---|---------------------|-------------------|
| QUIET ACTIVITIES | PHYSICAL ACTIVITIES | COMMUNITY PROJECT |
| 5 | 6 | 9 |
| 1 | 2 | 11 |
| 8 | 13 | 15 |
| 18 | 16 | 3 |
| 7 | 4 | 17 |
| 14 | 10 | 21 |
| | 20 | 12 |
| | 19 | |

INDOOR

RECESS

ACTIVITY

SELECTION

INDOOR RECESS

**ACTIVITY
SELECTION**

**QUIET
ACTIVITY
PHYSICAL
ACTIVITY**

**QUIET
ACTIVITY**

**PHYSICAL
ACTIVITY**

**COMMUNITY
PROJECT**

**COMMUNITY
PROJECT**

QUIET ACTIVITY

PHYSICAL ACTIVITY

COMMUNITY PROJECT







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|---|----|----|----|----|----|
| 1 | 6 | 11 | 16 | 21 | 26 |
| 2 | 7 | 12 | 17 | 22 | 27 |
| 3 | 8 | 13 | 18 | 23 | 28 |
| 4 | 9 | 14 | 19 | 24 | 29 |
| 5 | 10 | 15 | 20 | 25 | 30 |