



# Peaceful Playgrounds™ Implementation Guidebook

The following guidebook is meant to support you in your implementation process.



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## Implementation Guidebook

Congratulations on your purchase of the Peaceful Playgrounds Program. The following guidebook is meant to support you in your implementation process. Careful monitoring and research conducted through the Peaceful Playgrounds program indicates proper implementation as the key factor in accomplishing the outcomes of the program. Our research shows that with full implementation of all 5 components of the Peaceful Playgrounds CREED, the following changes can be attained:

- Fewer playground conflicts
- Increased Physical activity levels
- Fewer classroom interruptions
- Fewer injuries

So, the key to getting great results lies in fully implementing the program. This guide, as well as our EMAIL and WEB SUPPORT, will assist you with your effort to reorganize the playground into a Peaceful Playground.

Our web pages at [www.peacefulplaygrounds.com](http://www.peacefulplaygrounds.com) provide lots of information, monthly newsletters, grant writing tips, and the latest information on PP.

Our webpage at [www.peacefulplaygrounds.com/support.htm](http://www.peacefulplaygrounds.com/support.htm) provides you with the frequently asked questions and answers on implementing the program.

EMAIL support address is: [melinda@peacefulplaygrounds.com](mailto:melinda@peacefulplaygrounds.com)

Web Support: [www.peacefulplaygrounds.com/support](http://www.peacefulplaygrounds.com/support)



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## Program Overview

### Designing a Playground that Works!

The purpose of the Peaceful Playground Program is to introduce children and school staff to the many choices of activities available on playgrounds and field areas.

Each Blueprint is designed to assist with measurements, layout, spacing and game placement, as well as provide an overall picture of the final design outcome of a Peaceful Playground.

### The Ideal Recess!

Each companion Activity Guide lists age appropriate rules and activities for the game markings found in the blueprint. The Blueprint and Playground Guide are a "do-it-yourself" layout plan for painting and designing your own playground.

Prefabricated Stencils are available to assist you in quick preparation of your playground.

### Used in over 8,000 Schools!

The most effective solution for playground problems-Our easy and inexpensive program is utilized by over 8,000 schools. The California School Boards Association honored us with their prestigious **Golden Bell Award**. Peaceful Playgrounds recently received the American Association for Leisure and Recreation **Friend of Recreation Award**.

**Sharing Success** is publicly funded by the New York State Legislature to identify and disseminate successful educational programs and practices statewide. The Peaceful Playgrounds Program meets their rigorous evaluation standards which require that it can be replicated by other school districts for elementary school conflict resolution activities.

Leading radio programs, newspapers and magazines have recognized the benefits of playgrounds transformed by parent and teacher volunteers with cheerful, constructive games and activities.

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*A good example: "Such peace is no accident... That seemingly simple change in playground dynamics has made a difference!" - San Diego Union Tribune.*

## Benefits

### Reduce Confrontations

The playground is an essential part of any school and every community. Children spend many hours of every day keeping themselves occupied with what the playground has to offer. The nearby neighborhood may enjoy both its appearance and utility.

Well marked game activities provide increased motivation for children to enter an activity and become engaged in purposeful play, thus cutting down playground confrontations.

*"These new designs allow for more game choices, which result in fewer problems and increased engagement in activities."* - Assistant Principal Ashley Falls School

### Increase Motor Skills

When color is added to game markings, it not only is aesthetically appealing, but allows for academic learning opportunities as well. Game markings are developmentally appropriate according to the age and motor skill abilities of the children.

Appropriate blueprints for painting blacktop spaces are available in the following age groups: Preschool/Kindergarten, Primary (K-3), and Upper Elementary (grades 3-6). A blueprint for suggested turf designs is also available for grades 1-8.

### Dramatic Injury Reductions

Each year, over 200,000 children are injured on school playgrounds. The Peaceful Playgrounds program has been shown to reduce playground injuries by over 80%.

*"Our Teachers have been able to spend more time teaching and less time settling playground disputes!"* - South Elementary School.





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Recent studies have shown a decrease of over 80% in serious playground injuries by implementing the program. Office referrals have been reduced up to 86%.

*"Another brilliant piece to the puzzle is the Peaceful Playground lessons for kids about conflict resolution - because knowing how to play hard AND nice is at the core of everyone going home happy." - Iconoculture*

## **Community Involvement**

Community members and parent groups such as PTA, PTO, high school leadership groups, and Boy/Girl Scout Organizations are often looking for service projects for the community. The Peaceful Playground Program has packaged the materials and necessary supplies for creating a fun-filled "Peaceful Playground" at a reasonable cost.

## **Maximize Playground Efficiency**

The Principal of Pioneer Elementary in Escondido, CA realized that with a playground of less than 4 acres for a student population of over 1,000 students, something needed to be done. She turned to Peaceful Playgrounds for the solution.

*"Now our students have structured games to engage in and it allows them to learn skills that they would not otherwise have the opportunity to learn. It has reduced the number of disciplinary problems on our playground."*

## **Complete Program Kit!**

The Complete Program Kit, along with webinars and phone consultation, ensure your success in the Peaceful Playgrounds Program. The program overview video provides discussions on playground safety, organization, conflict resolution strategies and more!

Each year we continuously strive to improve. We conduct surveys regarding customer satisfaction, program implementation, and needs assessments.

### **Program Modifications Based on Customer Feedback**

1. You told us that you needed additional support in implementing the program and thus we created this guidebook. As a result of participation in our research study schools received this guidebook for free and is available for download with all orders.
2. Additionally, you told us that you needed the Playground Training in PowerPoint format. We now ship all orders with a CD of our Staff Training materials.
3. You told us that you needed on-going support in implementing the program, so beginning in January 2004, we email out to schools that purchased the program a MONTHLY Newsletter.
4. Our research also indicated that selling individual program items did not accomplish the objectives we set out for the program. In Sept 2009, we discontinued selling program components and began selling the full Comprehensive Recess Peaceful Playgrounds Program Package.
5. You wanted an equipment package. To eliminate all the thinking planning and organization for purchasing the "right" consumable playground equipment that supports the PP Games, we have now included a Peaceful Playgrounds Equipment Package in the Comprehensive Package. We also offer a replenishment kit with half the amount of equipment and half the cost for annual purchase.
6. We are in the process of creating a PEACEFUL PLAYGROUNDS BONUS Package" based on your feedback that you would like additional games and markings for the playground.

All products can be ordered online or by calling our toll free number (951) 245-6970. Check out our website frequently for new products and support information.



## 5 Principles of the Peaceful Playgrounds Program

### I. Conflict Resolution Strategies

Teaching Concepts of Walk

Teaching Concepts of Talk

Teaching Rock, Paper, Scissors

**Background Information and Rationale-** Children's ability and inability to solve playground problems contribute to the success or frustrations of a child's play experience. Peaceful Playgrounds believes that children have the ability to solve most playground problems if taught strategies for dealing with them. PP supports the notion of 3 BASIC STRATEGIES which contribute to successful resolution of most playground problems.

1. **Walk-** this strategy is used least often. In the walk scenario, children are taught that walking away from a problem is sometimes a good choice. For example, this option is selected when a child repeatedly has difficulty with one other child. If two children are playing tetherball and inevitability day after day, they end up in an argument, and then the suggestion of "perhaps you should play at a different tetherball court," is a good strategy for those children. While adults usually avoid individuals that they have conflicts with in some cases, children will not. Or, an adult might say, "It seems to me that the two of you have difficulty playing together day after day, what other choices could you make to avoid this problem?" In rare cases when children do not avoid each other and repeated incidents of conflict arise, then sometimes it is appropriate to inform students that they may not play together. Usually, it is best to suggest a reasonable time period of a week. After a week has passed the suggestion that if other conflicts arise, it may be possible that they lose the privilege of playing together for an extended period of time.
2. **Talk-** the talk option is one rarely selected by students. However, we have found that there are cases in which students repeatedly have conflicts and a discussion is necessary and precedes the directive that they must play in different areas. In the talk options, students are advised to use conflict resolution strategies to solve problems. Briefly, those strategies include the following process:

1. Identifying the problem
  2. Each child communicates their frustration and suggested resolution.
  3. End with an apology.
- Children who select this strategy must both leave the game activity to “work out” their problems. The game or activity then continues with 2 new players and the players that decided to “talk” about their problem continue outside the game until they reach a solution or agree to play in different areas. Once this is decided, only then can they return to the game and must wait for their turn in line.

**Rock, Paper, Scissors (RPS)** - the option is selected about 50% of the time. Children want to quickly get back into a game activity, so their choice is to play RPS to solve their problem.

### Implementation Suggestions

Step 1- Each classroom teacher should teach these strategies in the first week of the program.

Step 2- Post Walk, Talk, Rock, Paper, and Scissors Charts in each classroom

Step 3- Remind students to use RPS to solve other school related problems (IE lining up first, sharing supplies, or other disagreements)

## II. Rules

### Teaching Game Rules

#### *Game a Day/Week*

- 1 Teaching students to play a game each physical education class is a great warm up activity for beginning a class period. Additionally, in order to add challenge to the lesson, you could have students participate in a tournament type situation or tell students to play and "workup" to the top court.

- 2 *Schedule of Teaching Games*

The schedule below indicates a proposed schedule for teaching all students a "game a day". This strategy ensures that all students are introduced to the rules and methods for playing a wide variety of playground activities.

## Game A Day Implementation Chart

WK	Pre-Kindergarten	K-gr.3	Gr.3-6
1	Alpha Grid	Alpha Grid	Around the World
2	Number Grid	Number Grid	Twenty One
3	4 square	4 square	Basketball
4	Tether ball	Tetherball	Tetherball
5	Hopscotch	Hopscotch	Backup
6	Balance Beam Snake	Four Corners	Long ball
7	Cross Over Walk	Ball Hopscotch	Bounce ball
8	Number Grid	Number Grid	4 Square
9	Scramble	scramble	Team 4 Square
10	Multiuse Circle games	Multiuse circle games	Shuffleboard
11	Stepping stones/letters	Bean Bag Toss	Newcomb
12	Mid-line jumping	Cross Over Walking	Prisoner
13	Directionality box	Multiuse Square Games	Volley Tennis
14	Galloping Track	Scattered Circles	Volleyball
15	Skipping Track	Freeze Out	Pickle
16	Alphabet track	Alpha Track	Throw it and Run
17	Side stepping	Midline Jumping	Work up Softball
18	Zig Zag Foot prints	Skipping Track	Softball
19	Bean Bag Toss	Beat the Ball	Touchdown
20	Couples Tag	Snatch it	Touch Football
		Home Run	Jump rope
		Rounders	
		Jump Rope	

There are 4 different sets of game rules which are developmentally appropriate game activities based on a child's age and typical motor skill development. They are:

*Pre-K Activity Guide*

*1-3 Activity Guide*

*3-6 Activity Guide*

*Field Activity Guide*

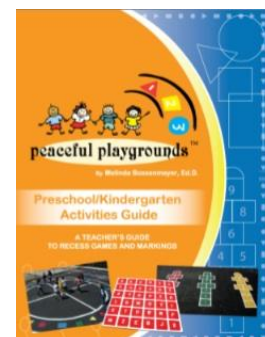
## Program Kit Components

### Activity Guides

There are 4 Companion Peaceful Playground Activities Guides to choose from. We recommend you order one guide per teacher and playground supervisor on staff.

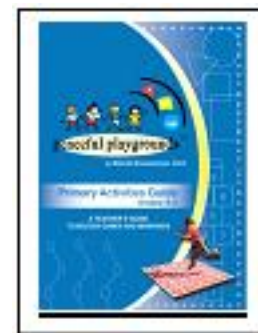
#### Preschool and Kindergarten

Alphabet Grid - Balance Beam Snake - Crossover Walk - Directionality Box - Jumping Grid - Leap Frog - Midline Jumping - Multi-use Circle - Scattered Circles - Shape Grid - Stepping Stones with Letters - Tricycle Track - Zig Zag Footprints



#### Primary Grades K-3

Alphabet Track - Alphabet Grid - Ball Hop Scotch - Bean Bag Four Square - Bean Bag Toss - Cross-Over Walking Grid - Freeze Out Court - Four Corners Court - Four Square Court - Galloping Track - Hit the Stick Court - Hop Scotch - Mid-Line Jumping Grid - Multi-Use Circle - Multi-Use Square - Number Grid - Scattered Circles - Skipping Track - Tether Ball Court



#### Upper Elementary Grades 3-6

Around the World - Backup - Basketball - Bounce Ball - Box Ball - Four Corners - Four Square - Handball - Jolly Ball - Long Ball - Newcomb - Pickle - Prisoner - Sideline Basketball - Shuffleboard - Team Four Square - Tetherball - Twenty One - Volleyball - Volley Tennis



#### Field Activities Grades 1-6

Beat the Ball - Couple s Tag - Cross Over - Crows and Cranes - Endline Soccer - Frisbee Golf - Hill Dill - Home Run - Line Soccer - Man from Mars - Modified Soccer - One Base Kickball - Rounders - Sideline Soccer - Snatch It - Softball - Throw it and Run Softball - Touch Down - Touch Football - Work-Up Softball



## TEACHING PLAYGROUND RULES

Schools should introduce a consistent set of playground rules to all students the first week of school. These rules should be posted and made available to students. Many schools send kids home to their parents for their signatures and have them sign the rules and agreement as well.

Telling and Tattling-

Telling= Getting someone out of trouble,

Tattling=Getting someone into trouble.

Additional playground rules-

"You Can't Say You Can't Play"

"Invite Someone to Join In"



## III Equipment

### Consumable equipment

1. Establishing a check-out system.

PP recommends that you establish a central check out system. It entails the following:

- It decreases equipment loss
- One person can be responsible for maintaining equipment including: ordering and replacing worn out equipment, following up on lost or equipment checked out and not returned.
- Marking equipment with the school name
- Ordering a ball cart that can be rolled to the playground for recess periods.
- Including a ball pump for inflating equipment as needed.



PP found that equipment checked out to the classroom is often lost early in the school year and then children must go the majority of the school year without equipment.

### Equipment Organization

Establish a check out procedure

Use the Equipment *Check-out form*

Maintain equipment

Ordering replacements

Mark all equipment with the school name

## IV Expectations

### Establishing Consistent Expectations

Conflict resolution signs are included in each of the Playground Activities Guides. The signs are black line masters and may be duplicated.

The posting of the signs in each classroom reminds students of Peaceful Playground options.

For a more complete explanation, refer to one of the Playground Activity Guides listed above.



Playground rule (*Sample Rules*)

Playgrounds procedures (*Sample Sheet Playground Procedures*)

Rewarding positive behavior- (*Good Sport Coupons*)

Rewarding positive behavior- (*Good Sport Certificates*)

Dealing with inappropriate behaviors

*Staff Training Overview DVD-How to Create a Playground that Works*

### **Peaceful Playgrounds DVD**

#### **How to create a playground that works!**

Is your playground a peaceful place for fun and games? Could your playground use some improvement? If so, this is the DVD for you! It identifies the key ingredients for successful implementation of the Peaceful Playground Program.



The DVD is in the Peaceful Playgrounds Program Kit.

The Video (DVD Format) is an overview for parents, teachers, PTA, and community members.

No school should be without it!

# V Designs

Painting the Playground  
Ordering the paint and supplies

## Marking the Playground

In marking the playground, the following supplies are necessary: 100 foot measuring tape, paint, playground chalk, snap line, a taut rope on a stake for marking the radius of circles, old cloth for spills, large sticks of chalk for detail work and layout prior to painting.

## Paint

The paint colors may be selected by preference. It is recommended that the primary, kindergarten, and preschool playgrounds use want to use primary colors to enhance color recognition. Use "Stripers" paint like that used for streets and curbs. It is the most durable outdoors materials for asphalt. Use a well-known paint supplier.



Sweep, wash down and let the area to be painted dry completely prior to painting the designs. Use chalk and layout the entire playground before beginning painting. New asphalt should be allowed to cure for one month prior to painting.

- \* Use a roller for applying paint to a large surface area.
- \* Paint machines or brushes are both suitable when working with grids.
- \* Use of a top sealer coating is not necessary.

## Turf Areas

Large areas of turf are very attractive, offer a soft surface, and are most desirable for playing many games. When using both the grass and blacktop areas, you spread out distribution of children for better space utilization.

For lines in the grass of a permanent nature, mark the fields with a grass killer type product. Refer to your local school policy for guidelines for appropriate use and safety around children.

Regardless of the safety assurances, it is highly suggested that children stay off the grassy areas at least 48 hours after the grass is treated. A line marking cart is available at most high schools or district facilities departments.

## Supplies for Marking Your Playground

- \* Playground Chalk
- \* Rope
- \* Stake(s)
- \* Old Rags
- \* Paint
- \* Paint Stir
- \* Chalk Snap Line
- \* Paint Roller
- \* Paint Brush
- \* 100 ft. Measuring Tape
- \* 25 ft. Measuring Tape



### **Laying out the playground**

### **Painting the playground**

*Blueprints (Pre-K), (K-3), (3-6), & Field.*

Each Blueprint is designed to assist with measurements, layout, spacing and game placement, as well as providing an overall picture of the final design outcome of a Peaceful Playground. There are four Blueprints to choose from:

Preschool & Kindergarten

Primary (Grades K-3)

Upper Elementary (Grades 3-6)

Field Markings (Grades 1-6)

Prefabricated Stencils are available to assist you in quick preparation of your playground.

## **Stencil Sets**

To assist you with the time consuming detail work of painting the playground, stencils are included in the program kit.

The complete set of 41 stencils includes:

- \* Letter Set (A - Z)
- \* Number Set (0 - 9)
- \* Shape Set (Circle, Square, Rectangle, Triangle)
- \* Feet Grid (1 Piece with 2 feet)

Stencils are made of oil board and are appropriate for use at one school site. They are approximately 8" x 12" high in size when cut out.

Roll out game stencils also come with the comprehensive package. They include: Multi-use circle, 4 square, hopscotch, target, ball hopscotch, a target, and a number line.

## **United States Map Stencil (Purchased separately)**



Members of Girl Scout Troop 3202 pose on the map of the United States that they painted on the playground of the Boone Trail Elementary School.



This geographically and proportionately accurate map of the United States is easy to apply and can be painted by four adults and 10 children in three hours.

- \* Complete instructions with paint specifications.
- \* The eight section stencil has holes which define detailed borders of the 50 states and the five Great Lakes
- \* Continental U.S. (48 states) covers an Area 16' x 27'
- \* Scale 1 foot = 100 miles.
  - Encourages educational classroom projects in history, economics, geography and politics.

The map illustration above looks approximately how your finished map will look. Follow the simple instructions for best results.

## Map Stencil Layout

1. Locate a section of the asphalt/concrete which is about 35 feet wide by 36 feet long.
2. Make sure the surface is clean. Sweep and wash if needed.
3. Unroll stencil section 1 > 2 15 feet below the top of your cleared area. This will allow you room for Alaska.
4. Anchor the stencil with masking tape to keep the wind from blowing it around.
5. Unroll stencil section 2 below and next to section 1 > 2 on the side indicated by the > 2. Be sure the stamped edges of the sections are aligned and the adjacent edges are close together.
6. Unroll the rest of the sections in order so that the final layout looks like the illustration.
7. Note that there are TWO versions of Alaska off the west coast. The large is done in the same scale as the rest of the states. . . Alaska is enormous. The smaller version is included for grounds which do not have enough room to paint the full size Alaska. Tape together the sections of the Alaska you wish to use. Cut Alaska out and move it above Washington as on the Illustration. Also, move the Hawaiian Islands as shown.
8. Chalk the holes with white school chalk, or paint with spray paint.
9. Remove the stencil.
10. Connect the dots.
11. Paint the states.



## Painting the Map

1. Use 100% acrylic latex stripers paint, about 1 gallon of each color. If you are using the full size Alaska, you may want to conserve paint by only painting the outline.
2. Use four colors (five if you paint the Great Lakes blue) as shown on the color map. A useful idea is to give each team of helpers a color and a copy of the color map so they can go to each of their states and paint and don't have to ask "What's next?"
3. Helpful items: sponge brushes for the borders, regular bristle brushes to paint states, coffee cans with water to wash brushes, rags, and knee pads.

Green, Yellow, Pink, Orange & Blue are colors to consider.

## ***Licensing***

***A Site License is issued for the use of these designs at a single school site. Peaceful Playgrounds materials may not be shared with other locations. Sharing materials or sharing designs with another location or school site is a violation of the Peaceful Playgrounds Copyright. The materials and license are issued by an physical address and cannot be moved or transferred to another school site or address.***

## VI Evaluation and monitoring the successful implementation of your program

The following forms are provided to help you with program assessments.

*Student Surveys*

*Staff Survey*

*Injury reporting forms*

*Playground referral reporting forms*

*Games and markings assessment sheet*

- *Forms provided in the Peaceful Playgrounds Program*

			<b>Game A Day Implementation Chart</b>						
Playground Markings Assessment	School	District	Pre-Kdg	Pre Intervention	Peaceful Playgrounds	Upper Elem. Grs. 3-5	Pre Intervention	Peaceful Playgrounds	
			Alphabet Grid				Around the World		
			Balance Beam Snake				Backup		
			Cross Over Walking Grid				Basketball		
			Directionality Box				Bounce ball		
			Galloping Track				Box ball		
			Hopscotch				Four corners		
			Jumping Grid				Four Square		
			Leap Frog				Handball		
			Midline Jumping				Jolly ball		
			Multi-Use Circle				Newcomb		
			Number Grid				Pickle		
			Scattered Circles				Prisoner		
			Scramble				Sideline Basketball		
			Shape Grid				Shuffleboard		
			Side Stepping				Tetherball		
			Stepping Stones/Letters				Twenty-one		
Tricycle Track				Volleyball					
Zig Zap Footprints				Volley Tennis					

			Game A Day Implementation Chart					
Playground Markings Assessment	School	District	Primary Grs. 1-3			Primary Grs. 1-3 Cont.		
			Alphabet Grid			Midline Jumping		
			Alphabet Track			Multi-Use Circle		
			Ball Hopscotch			Multi-Use Square		
			Bean Bag Four Square			Number Grid		
			Bean Bag Toss			Scattered Circles		
			Cross Over Walking Grid			Skipping Track		
			Freeze Out			Tetherball		
			Four Corners			Field Activities Grs.1-8		
			Four Square			Frisbee Golf		
			Galloping Track			Kickball Field		
			Hit-the-stick			Rounder's		
			Hopscotch			Soccer Field		
						Softball Field		
						Two-Twenty Track		
			OTHERS			OTHERS		
			OTHERS			OTHERS		

*Schedule for teaching games.*

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WK	Pre-Kindergarten	K-gr.3	Gr.3-6
1	Alpha Grid	Alpha Grid	Around the World
2	Number Grid	Number Grid	Twenty One
3	4 square	4 square	Basketball
4	Tether ball	Tetherball	Tetherball
5	Hopscotch	Hopscotch	Backup
6	Balance Beam Snake	Four Corners	Long ball
7	Cross Over Walk	Ball Hopscotch	Bounce ball
8	Number Grid	Number Grid	4 Square
9	Scramble	scramble	Team 4 Square
10	Multiuse Circle games	Multiuse circle games	Shuffleboard
11	Stepping stones/letters	Bean Bag Toss	Newcomb
12	Mid-line jumping	Cross Over Walking	Prisoner
13	Directionality box	Multiuse Square Games	Volley Tennis
14	Galloping Track	Scattered Circles	Volleyball
15	Skipping Track	Freeze Out	Pickle
16	Alphabet track	Alpha Track	Throw it and Run
17	Side stepping	Midline Jumping	Work up Softball
18	Zig Zag Foot prints	Skipping Track	Softball
19	Bean Bag Toss	Beat the Ball	Touchdown
20	Couples Tag	Snatch it	Touch Football
		Home Run	Jump rope
		Rounders	
		Jump Rope	

## APPENDIX A - AWARDS

### Awarded to Peaceful Playgrounds

E. Hale Curran Elementary School  
Murrieta Valley Unified School District  
Riverside County



*Dr. Chet Francisco, Superintendent; Judy Rosen, Board President; David Koltovich, Principal*

Peaceful Playgrounds is a comprehensive playground safety program that brought about an 82 percent drop in injuries on the playground and an 86 percent drop in office referrals.

The program distributes students evenly throughout the playing area and fields, engaging the maximum number of students in healthy, often educational, purposeful play.

### The Golden Bell Award

The Golden Bell Awards program promotes excellence in education by recognizing outstanding programs in school districts and county offices of education throughout California. Golden Bell Awards reflect the depth and breadth of education programs necessary to address the students' changing needs. This awards program contributes to the development and evaluation of curriculum, instruction and support services by:

- \*seeking out and recognizing sustainable innovative or exemplary programs which have been developed and successfully implemented by California teachers and administrators;
- \*recognizing and supporting educators who invest extra energy and time to make a demonstrated difference for students;
- \*promoting models which have made a demonstrated difference for students; and
- \*focusing on the commitment to ensure the needs of all students are met.

The California School Boards Association believes that identifying exemplary programs serves as a way to share information about effective educational strategies with districts and county offices of education throughout the state. It also boosts confidence in public education by focusing attention on successes in our schools. Finally, it allows CSBA, on behalf of school governing boards throughout the state, to express



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appreciation to dedicated educators who strive to provide a high-quality education which challenges all students to succeed.

## **National Friend of Recreation Award**

Peaceful Playgrounds is Honored for their Work in Recreation

Peaceful Playgrounds was awarded the American Association for Leisure and Recreation Friend of Recreation Award during the organization's national convention and exposition in San Diego, CA.



Peaceful Playgrounds founder, Dr. Melinda Bossenmeyer, accepted the award on behalf of Peaceful Playgrounds. Bossenmeyer has a Master's in Physical Education with an emphasis on children's motor development and a doctorate in Educational Leadership from UCLA. She is a nationally recognized speaker, consultant, and designer of school playgrounds.

"I am delighted that Peaceful Playgrounds was selected for this prestigious National Award," Friend of Recreation Award recipient Melinda Bossenmeyer Ed.D. said.

## **National Friend of Recreation Award**

The American Association for Leisure and Recreation Friend of Recreation Award is presented to an individual, group, or organization that has demonstrated meritorious contribution benefiting AALR or its programs.

Peaceful Playgrounds was developed in 1978 by Dr. Melinda Bossenmeyer. Peaceful Playgrounds' objective to provide a playground experience that children find peaceful and adult supervisors enjoy has not changed in twenty years.

Since its inception, the Peaceful Playgrounds Program has been implemented in over 7,000 schools nationwide. It has earned praise by School Safety Magazine, Family Circle Editor Susan Ungaro, and school administrators nationwide.

## **American Association for Leisure and Recreation**

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The AALR's mission is to promote and support education, leisure, and recreation by developing quality programming and professional training, providing leadership opportunities, disseminating guidelines and standards, and enhancing public understanding of the importance of leisure and recreation in maintaining a creative and healthy lifestyle.

The American Association for Leisure and Recreation is an association of AAHPERD.

For more information, please visit:

**American Association for Leisure and Recreation**

1900 Association Drive

Reston, VA 20191

1-800-213-7193

## Sharing Successful Programs- New York State "Education Programs that Work!"

NCLB Compliant

### *Program Description*

**Focus Area** Safety-Conflict Resolution- Violence Prevention

**Age Group** Elementary Kindergarten through 5th grades

Citizenship/Nonviolent Behavior; Conflict Resolution

### *Research Description*

#### *Outcomes*

Tests of Significance were not reported on the following outcomes:

- \* Decrease in number of reported injuries
- \* Decrease in referrals to physicians

#### *Research Category*

**Local research; summary evaluation report was reviewed**

#### *Design*

Outcomes were tracked over a period of three years

#### *Multiple Studies*

N/A No other studies have been reported

#### *Sample Size*

>50 Elementary school population, ranging from 986 through 1225 students

#### *Valid/ Reliable*

#### *Instrument*

Yes Injury and referral rates were reported

#### *Results*

N/A Tests of significance were not performed on the data

#### *Published*

Yes National School Safety Center Report, October 1998

#### *Follow-up Data*

Follow up studies in progress check with program coordinator

**Award** Golden Bell Award



**Sharing Success** is publicly funded by the New York State Legislature to identify and disseminate successful educational programs and practices statewide. The Sharing

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Success Technical Assistance Center **seeks candidates** for participation from within New York State and nationwide. These programs must meet **rigorous evaluation standards** in order to be **replicated** by other school districts, adult education sites, or non-profit organizations. This site is updated weekly.

## Healthy Schools Campaign -

This independent leading authority held a nationwide search for new and innovative products to help create healthier school environments for students, staff and faculty. [National School Innovation Showcase Winner](#) Peaceful Playgrounds was one of three national finalists in 2011 for their Peaceful Playgrounds Recess Program.

## Action for Healthy Kids

### **BEST IN CLASS AWARD**

A Nationwide Nonprofit Organization working to improve children's nutrition and increase physical activity. Best in Class awarded by a panel of experts representing 27 national organizations and government agencies, based on ten criteria. [Program Evaluation & Conclusions](#)



Peaceful Playgrounds (PPP) is a school based physical activity program with the goals and research support that has shown an increase children's physical activity level, decrease in bullying and decrease in playground injuries.


Peaceful Playgrounds addresses a number of national standards as identified by the following organizations:


Provide daily recess periods for elementary school students, featuring time for unstructured but supervised active play.


Encourage the use of school facilities for physical activity programs offered by the school and/or community-based organizations outside of school hours.


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## **Recommendations**

[Make Movement a Part of Every Day](#)  - The Alliance for a Healthier Generation recommends a structured, safe and inclusive environment on the playground by coordinating a variety of schoolyard sports and games during recess.

[The Disparity Reducing Advances Project](#)  - The Institute for Alternative Futures has identified Peaceful Playgrounds as a promising advance for bringing health gains to the poor and underserved and lowering the risk of childhood obesity through their comprehensive playground programs. - [School Based Wellness Programs Report](#)

[The Vermont Healthy Schools Resource for Physical Activity](#)  - The Vermont Department of Health and Education & Action for Healthy Kids recommends Peaceful Playgrounds as a National Resource for school playground blueprints to help introduce children and school staff to the many choices of activities available on playgrounds and field areas.

[The Strategic Alliance for Healthy Food and Activity Environments](#)  - Strategic Alliance is a coalition of nutrition and physical activity advocates in California. School Activity Environments that provide equipment and playground facilities for active play.

[Promising Practices in After School](#)  - **The PPAS System is an effort to find and share** things that are working in after school programs. Peaceful Playgrounds is a physical activity program that has shown to decrease playground injuries, decrease bullying, and increase children's physical activity levels.

[Peace and Justice Resource Center](#)  - Highlighting organizations and individuals, committed to work for peace in our community. Peaceful Playgrounds: an Elementary Teacher's Guide to Recess Games and Markings.

## APPENDIX B - PRESS RELEASE

Don't forget to prepare a Press Release for the community!

### Peaceful Playgrounds Example Press Release

Wouldn't it be wonderful to look out over a playground where children are distributed evenly, laughing and playing peacefully, and supervisors are observing this phenomenon without raising their voices, whistles, or blood pressures? It's almost more than one can imagine. Or, is it?

That was exactly the situation at \_\_\_\_\_ Elementary School where students were enjoying a Peaceful Playgrounds Celebration marking the completion of a joint project between the school and Parent Teachers Association officials (Eagle Scout, Leadership Team etc.) The Peaceful Playgrounds Project began \_\_\_\_\_ and was created to put an end to tattling or playground conflicts that takes the fun out of games.

According to Principal \_\_\_\_\_, "The playground is an essential part of any school and community. Children spend many hours of their school experience occupying themselves with what the playground has to offer. In fact, the whole neighborhood enjoys both its appearance and its usages. In short, school playgrounds often define the community's initial impressions of a school. This joint project was designed to serve both the school and the community".

Officials point out that, beyond the classroom, the climate of the school as a whole is set by what happens on the playground. Unresolved playground conflicts soon spill over into the classroom.

A closer look at \_\_\_\_\_ newly designed Peaceful Playground reveals concentric circles, rectangles, and various colored shapes, carefully spaced and painted on the blacktop. In addition to traditional games like hopscotch and four square, imagine an alphabet grid, a number grid, and a skipping track.

"Bigger kids are involved in a variety of team sports like around-the-world and volley tennis as well as back-up and basketball. Evenly spaced groups of kids are cooperatively utilizing the blacktop area, grassy fields, and sandbox enclosures, all made possible by the implementation of the Peaceful Playgrounds Program," according to PTA President

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\_\_\_\_\_. The success of the Peaceful Playgrounds Program depends of five key principles:

1) Marking the playground with age appropriate games, 2) Teaching students a consistent set of rules, 3) Teaching students skills to solve conflicts, 4) Providing adequate equipment; and 5) Consistent expectations.

To learn more about the program, visit \_\_\_\_\_ Elementary School or contact Peaceful Playgrounds author and designer, Melinda Bossenmeyer, Ed.D., 1-877-444-9888 or visit the Peaceful Playgrounds Website at [www.peacefulplaygrounds.com](http://www.peacefulplaygrounds.com)

Need some additional information? Take a look at these [Resources](#) or try our [Feedback form](#)!

For more information on playground safety, contact The Consumer Product Safety Commission at (800) 638- 2772 or [www.cpsc.gov](http://www.cpsc.gov). You can view the "[Handbook for Playground Safety](#)" (PDF) and the "[Public Playground Safety Checklist](#)" or get a free copy by writing to CPSC, Washington, DC 20207.



# APPENDIX C - SUPERVISOR TRAINING MATERIALS



Peaceful Playgrounds' award winning playground training courses are now available online. For the past several years, online enrollments have been growing substantially faster than overall higher education enrollments.

Online enrollments have continued to grow at rates far in excess of the total higher education student population.

Over twenty percent of all U.S. higher education students were taking at least one online course in the fall of 2007.

## **Online Learning Advantages**

On demand and convenient.

Learning by doing through a student centered approach.

Conveniently available 24 hours a day 7 days a week.

Increases student interaction.

Students proceed through courses based on engagement in content.

Access to content through active internet links.

Access to content that may not be available in their community.

Students proceed at their own pace.

Learner-centered learning.

Save travel time and associated costs (parking, fuel, vehicle maintenance).

Potentially lower costs for schools needing specialized training.

## **Easy to Access**



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Purchase a course access coupon for you or your entire school site.

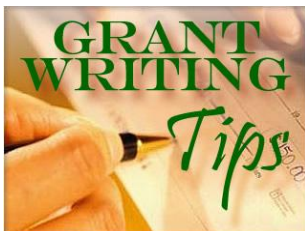
Sign in and begin your course at your own pace.

At the conclusion of the course, you will receive your certification.

Works on Windows or Mac with Internet Explorer or Firefox



## APPENDIX D - GRANT WRITING MATERIALS



### Program Grant Writing Template

Download a copy of our Program Grant Writing Template and get a head start on writing a successful proposal for implementing the Peaceful Playgrounds Program in your own school.

<http://www.peacefulplaygrounds.com/school-playground-grants/>



## Appendix E - Timeline

Timeline assumes purchase of program, school site implementation, and training of students and staff.

Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8
Intro. At a Staff Meeting Show vid	Gather Pre Test data on prior year's injuries and playground confrontations	Teach Games Cont.	Teach Games Cont.				
School Site PP Workshop	Teach Students games (see chart)		Review Playground Rules				
Playground Supervisor Training	Teach Students Conflict Resolution Skills						
	Teach Playground Rules						Final Report Referrals
Paint Playground							Final Report Injuries

## Appendix F - Newsletter

Sign up on website at: [www.peacefulplaygrounds.com](http://www.peacefulplaygrounds.com) to receive monthly newsletter electronically.