

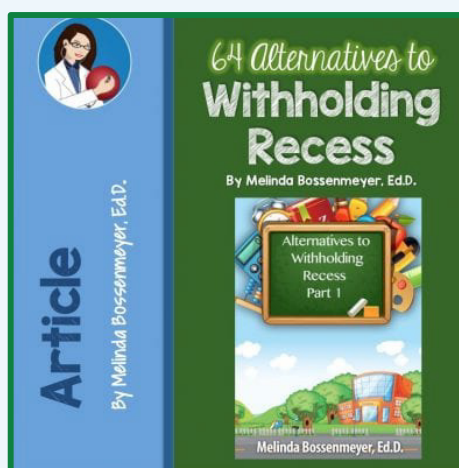
## California's New Recess Mandate: Are you ready?

**SB 291 - For the 2024-25 school year all schools are required to provide 30 minutes of recess for elementary school students everyday.**

### Why?

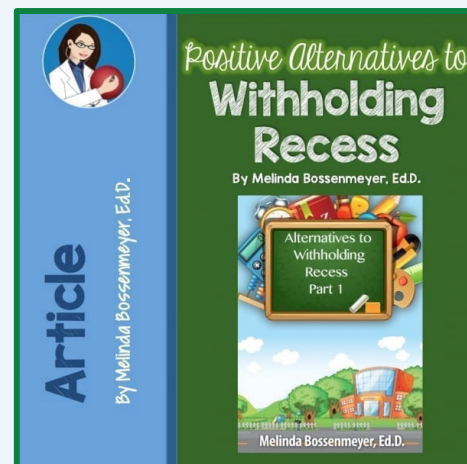
- Research shows kids need relief from structured class environment
- Recess provides a crucial time for social skills development
- Recess provides a time for kids to decompress and has restorative benefits for returning to classroom "Ready to Learn".

***Preparation now will minimize problems later.***



### Tips for being prepared for the new recess mandate.

- Provide enough loose equipment like balls, bean bags, scoops, etc so student can be actively involved in games.
- Provide enough painted game markings so kids have enough to do at recess.
- Teach children a consistent set of game rules to decrease playground arguments.
- Develop consistent expectations for playground behavior with consequences identified.



**Recess cannot be taken away and used as punishment.**

Visit our website for these free resources

**Want suggestions for making your recess fun and enjoyable? Attend the next Peaceful Playgrounds Webinar offered every other Wed.**

**[peacefulplaygrounds.com/free-webinars/](https://peacefulplaygrounds.com/free-webinars/)**



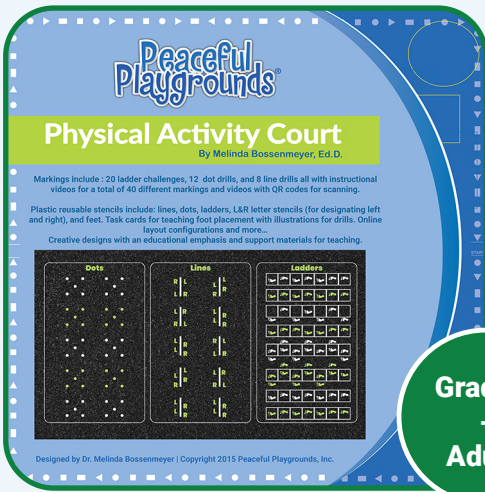
**Ball Cart**

Strong and secure playground ball cart offers a convenient way to move equipment out to the playground when needed.



**Replenishment Equipment Pack**

We also know through research that a recommended rule is 1 piece of equipment for every 10 kids. This package has approx 100 pieces.



**Grade 3 - Adult.**

**Physical Activity Court**

This court is low cost, easy to implement, and includes: 20 ladder challenges, 12 dot drills, 8 line drills, with instructional videos, and task cards for a total of 40 different markings.



**Kdg - Adult.**

**Fitness Fun Zone Trail**

You can make a huge 24 station fitness trail utilizing all 24 station stencils or 2 smaller 12 station trails. The smaller 12 station trail consists of a set of exercise stations like long jump, jump to the sky, quick jumps, and twister to name a few. The 12 jump rope stations include: Bell, Basic jump, skier, and straddle cross jumping to name a few.