

THE DEFINITIVE GUIDE TO RECESS





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Introducing a Step-By-Step Guide to
Bringing Recess Back Into Your Life at Any Age



YOU'RE NEVER TOO OLD FOR RECESS

Jump Rope. Hula Hoop. Four Square. These games aren't just for kids — they're for everyone. In this guide, you'll find ways to take recess at school, work, and home. And if you don't find your favorite way to take recess, let us know. We might include your game too!

BRING BACK RECESS

RECESS RULES

Forget your age.

Rain doesn't cancel recess.

You only lose if you quit.

A coin flip can decide anything.

Take turns taking turns.

The more, the merrier.

TAG
YOU'RE IT

CLASSIC RECESS



FOUR SQUARE

The most awesome recess game ever.

NO. OF PLAYERS: 4+

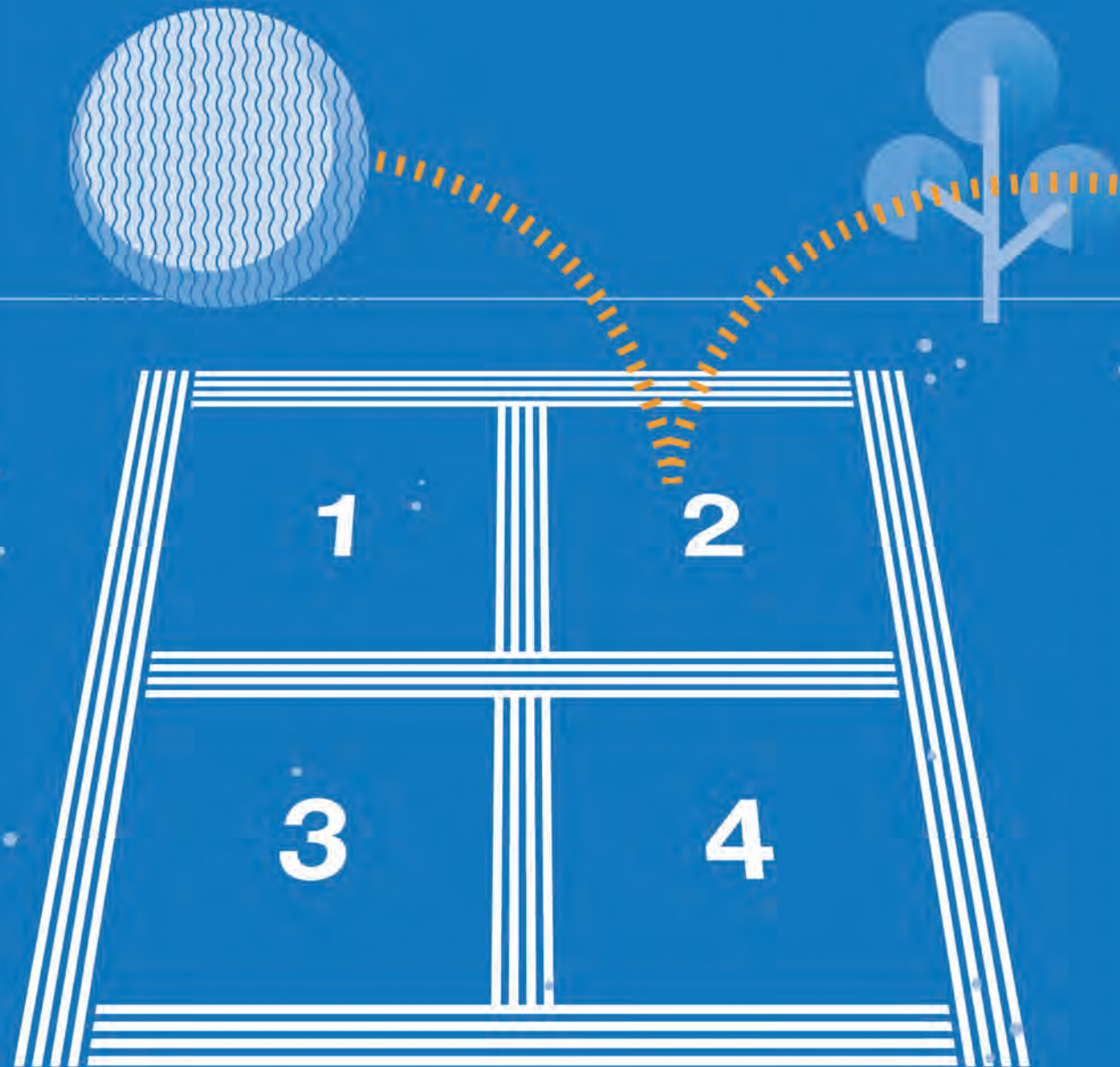
WHAT YOU NEED: Chalk or tape, flat open area, and a rubber ball.

HOW TO PLAY:

1. Use chalk or tape to create a large square court (at least 6'x 6') with four boxes, numbered one to four. Each player stands in a box.
2. The person in square 4 is the "King" or "Queen." The King/Queen can add or take away special rules, and serves the ball.
3. The "King" starts by bouncing the ball in their own square, then hitting it to the next square until a player misses, hits it out, or lets it double-bounce in their square. In which case, they're out!
4. Remaining players advance to the next-highest square with a new player filling in on square one.

FUN FACT:

On February 25 and 26 of 2011, 15 college students played the game for 30 hours to set the world record.





RED ROVER

It's the survival of the fittest (and the fastest).

NO. OF PLAYERS: 10+

WHAT YOU NEED: A yard or large open area, preferably grassy.

HOW TO PLAY:

1. Split up into two equally sized teams.
2. The teams line up opposite each other, holding hands.
(Make sure there's at least 30 feet between the teams.)
3. The first team picks a member of the other team, and says "Red rover, red rover, send (name of player) right over."
4. The player must try to break through two of the opposite team members. If they do, they can take one back to their team. If they don't, they must become a part of the other team.
5. The team that ends up with all the players wins.

VARIATIONS:

This is a game, not the time to show off your Herculean strength. Play nice.





JUMP ROPE

All you need is a rope. How easy is that?

NO. OF PLAYERS: 1+

WHAT YOU NEED: A jump rope.

HOW TO PLAY:

1. Grab a rope and hold each end of the rope out to your sides.
2. Swing the rope toward you.
3. Jump over the rope.
4. Jump and repeat!



NO. OF PLAYERS: 3+

WHAT YOU NEED: A longer jump rope.

HOW TO PLAY:

1. Two people hold each end of the rope and start swinging it.
2. When the time feels right, a third player jumps in!
(Add more than one person if the rope is long enough.)





HOPSCOTCH

Cement is everywhere. Let's use it!

NO. OF PLAYERS: 1+

WHAT YOU NEED: Chalk, cement, a small object that won't roll away.

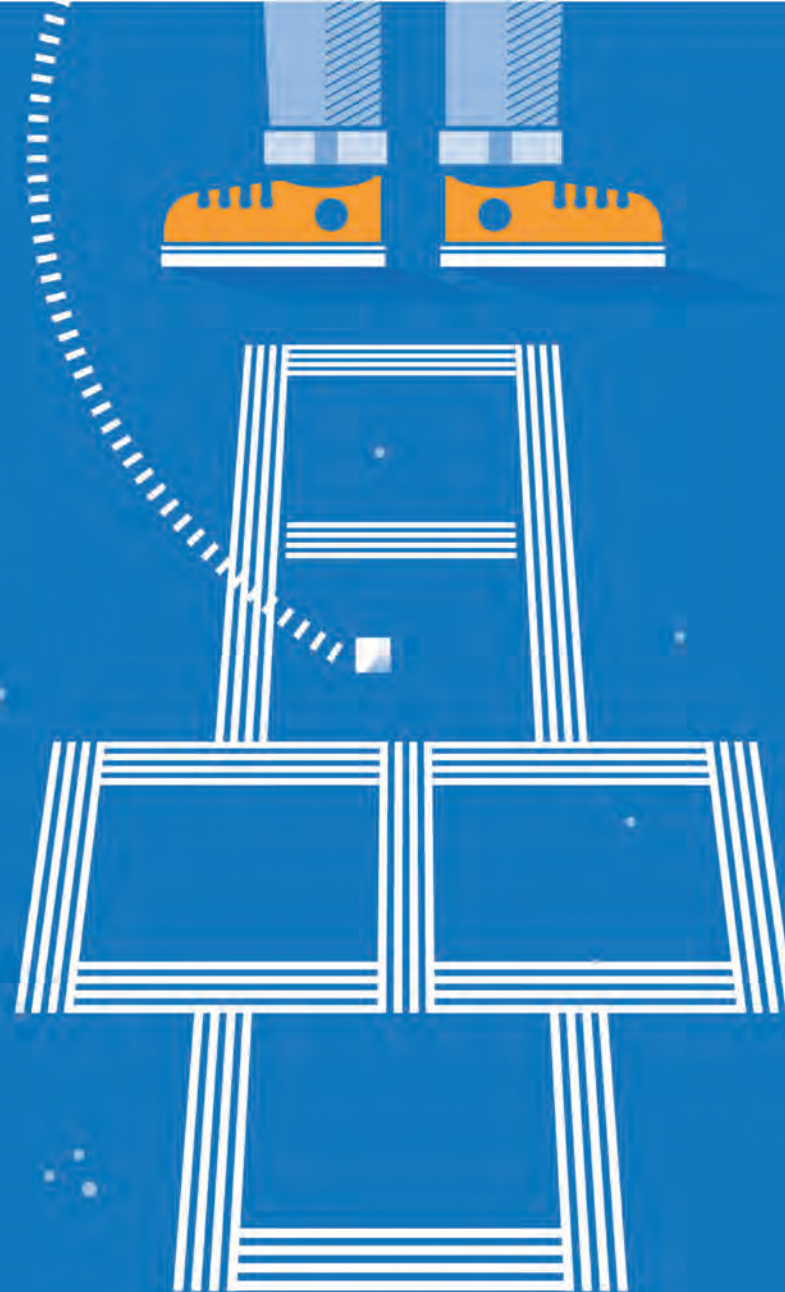
HOW TO PLAY:

1. Draw an arrangement of numbered boxes with chalk.
2. Toss the marker (small object) into the first square.
3. Hop through the course, skipping the square with the marker in it.
4. Turn around and go back, picking up your marker on the way back.
5. If you lose your balance, hop out of bounds or step on a line, you're out.
6. If you make it to the end, put your marker in square two and continue.

FUN FACT:

In Spain, Hopscotch is called "Rayuela."

In India, it's "Kith-Kith."



**RECESS
IS CONTAGIOUS**

RECESS AT HOME



KITCHEN BOWLING

Great for a rainy day!

NO. OF PLAYERS: 1+

WHAT YOU NEED: Empty plastic bottles, empty cans.

HOW TO PLAY:

1. Line up a bunch of the bottles like bowling pins.
2. Roll the cans to knock them down.
3. Do it again!

FUN FACT:

Regular 10-pin bowling helps burn calories and works muscle groups not usually exercised.





QUIET BALL

The only time silence is fun.

NO. OF PLAYERS: 3+ (More is better!)

WHAT YOU NEED: A soft, medum-size ball.

HOW TO PLAY:

1. Grab the ball and find an open space inside.
2. Start passing the ball to each other.
3. If you drop the ball or say anything at all during the game, you're out.
4. Remember, shush!



MOTHER, MAY I?

Mom's favorite game. Play it inside or in the yard.

NO. OF PLAYERS: 3+

WHAT YOU NEED: Nothing.

HOW TO PLAY:

1. Players line up next to each other at the same starting line.
2. The player designated as "Mother" stands at least 20 feet away, her back turned to the players.
3. Mother chooses a player, who asks, "May I take ___ steps forward?"
4. Mother can answer, "Yes, you may take ___ steps forward" OR "No, but you may take one step forward."
5. Players must ask "Mother, may I?" before moving. If they forget to say this, they have to go back to the starting point.
6. First player to touch Mother wins.



“HORSE” HOOPS

You can play basketball anywhere.

NO. OF PLAYERS: 2+

WHAT YOU NEED: A piece of cardboard, duct tape, wastebasket or laundry basket.

HOW TO PLAY:

1. Tape the piece of cardboard to the rim of a wastebasket or laundry basket.
2. Ball up a piece of paper or some socks and start shooting.
3. If you make it, your friend has to make the exact same shot.
4. If your friend misses, they get a letter. Same for you. If they make a shot, then you have to make it.
5. First person to spell “HORSE” by missing shots loses.





FREEZE DANCE

Required: Some sweet dance moves.

NO. OF PLAYERS: 2+

WHAT YOU NEED: A music source.

HOW TO PLAY:

1. Designate someone to turn the music on and off.
2. As the music plays, start dancing.
3. When the music stops, freeze in your position, no matter how silly it looks.
4. The last person to freeze is out.
5. Repeat until there is only one person left. That's the winner!

TIP:

Make sure the music you pick is fun and upbeat!



YOU'RE NEVER
TOO OLD FOR
RECESS

RECESS AT WORK



PENCIL BREAK

Pencil this in during your next coffee break.

NO. OF PLAYERS: 2

WHAT YOU NEED: Two standard yellow #2 pencils.

HOW TO PLAY:

1. One player holds a pencil with both hands, one at each end.
2. The second player uses his pencil to flick the other pencil as hard as he/she can.
3. The players switch.
4. First one to break the other's pencil wins.

TIP:

If your pencil gets broken, now you have two little pencils.





SNAIL MAIL

Sometimes work is all about going the extra mile.

NO. OF PLAYERS: 1

WHAT YOU NEED: Nada.

HOW TO PLAY:

Instead of hitting send for the hundredth time today, make a quick visit to your coworker if the message is brief.

Ask about his family. Make fun of his tie.

Sure, walking is slower than email.

But it's more fun.



JUGGLING WORK

How well can you juggle your work? Seriously.

NO. OF PLAYERS: 1

WHAT YOU NEED: Random desk items.

HOW TO PLAY:

1. Find office supplies around your desk (pen, eraser, random tchotchke).
2. Start tossing two items with your hands.
3. Add more items for a tougher challenge.



MARKER RELAY

You've juggled – now, test your balance.

NO. OF PLAYERS: 2+

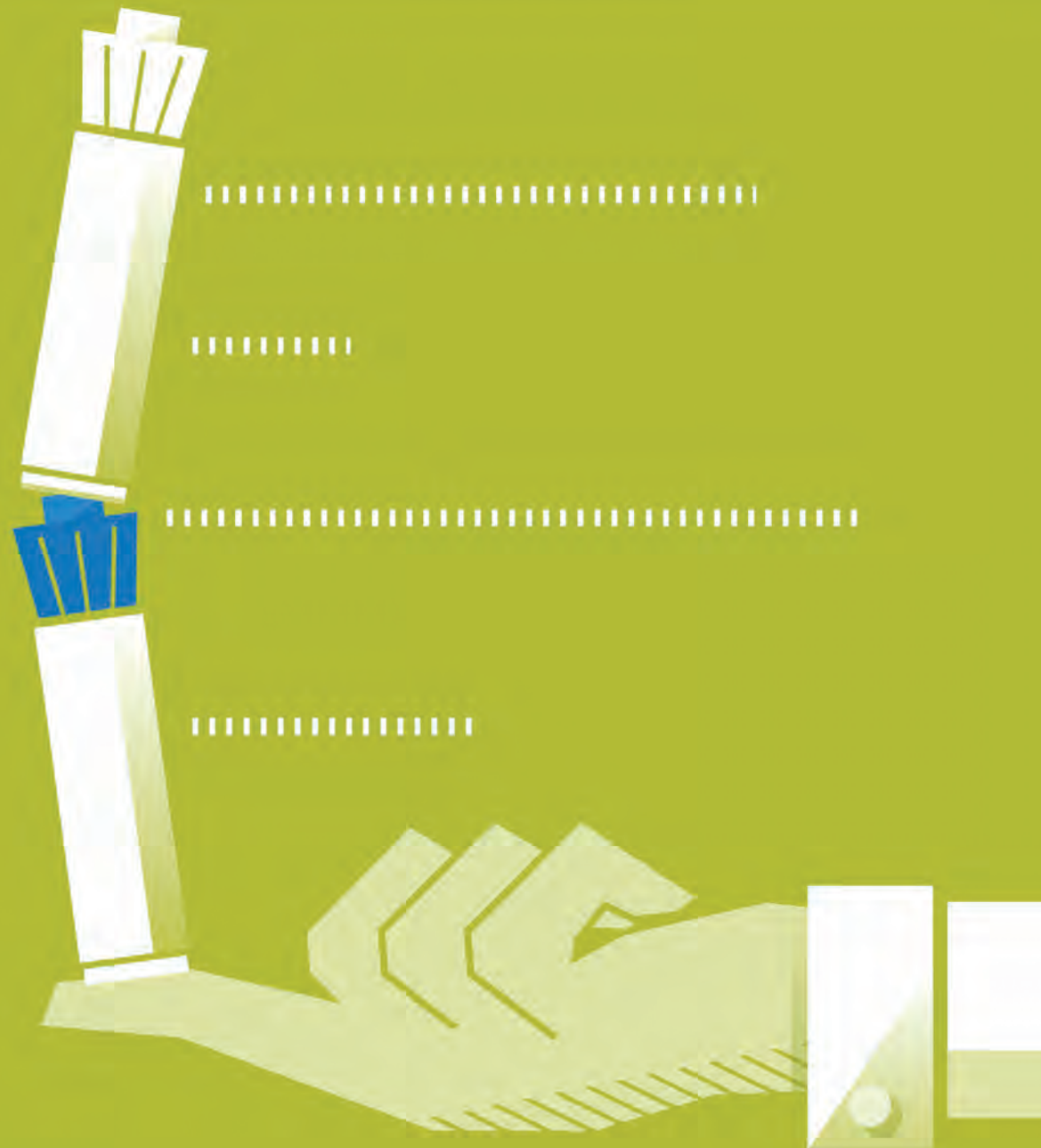
WHAT YOU NEED: Dry erase markers that can connect top to bottom.

HOW TO PLAY:

1. Players start with four dry erase markers, stacked vertically.
2. Players must walk from wall to wall, or around a conference table, balancing the marker tower on an index finger.
3. After each lap, one marker is removed and players make a lap again. Balancing gets more difficult as markers are removed.
4. First team to complete four laps wins.

PS:

Marker sniffing not recommended.





COFFEE STIRRER TOSS

Every office has them. Here's how to make them fun.

NO. OF PLAYERS: Play solo or with co-workers.

WHAT YOU NEED: Coffee stirrers, a mug or cup.

HOW TO PLAY:

1. Throw the stirrers into the cup from a distance.
2. First one to get in five wins.



GAMES ARE A LOT OF FUN.

BUT WHAT'S THE EASIEST WAY TO TAKE RECESS ANYWHERE?

TAKE A WALK

Walk your dog. Walk your neighbor's dog. Time for a meeting? Why not have a walking meeting? When you go to the store, park farther away from the entrance. No waiting, and more exercise. Stuck on a problem? Walk down the street and back to get a new perspective. Use the stairs instead of the elevator. Explore a new neighborhood. You might find some hidden gems. It's okay to take off your heels. Walk and talk. Take your phone for a stroll the next time you call mom, and get some privacy too. Take the scenic route — even if it's just to the restroom.

THE RECESS FUN-METER

