How to have a Peaceful Playground

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OBJECTIVES

Participants will:

- Acquire skills to improve the playground
- Acquire design tips
- Establish rules and procedures for safe play

Alphabet Grid

Game Markings
Multi-Use Circle

Number Grid
What works ???

RESEARCH on Playgrounds

- What is going wrong on playgrounds?
- But if you have a strategy that is working for you, keep doing it.

Research-What Works?

We researched - What goes wrong on the typical school playground?

Solutions: We came up with 5 solutions for the five most often observed problems.

CREED

1) Conflict Resolution
2) Rules
3) Equipment
4) Expectations
5) Designs

Conflict Resolution

Problem #1 - Children Lacked Problem Solving Skills

3 Ways to Solve Problems
1. Walk
2. Talk
3. Use Rock, Paper, Scissors Game

Rock, Paper, Scissors

Problem #2 - Children were playing by a variety of different game rules.

- GAME Rules
- Consistent Rules
- Game of the Week/Day
- PP Rules Fast Entry and Exit
- Post Rules

Rules
**Playground Rules**

- **Supervisors Wanted to Quit**
  - Tattling: Getting someone into trouble
  - Telling: Getting someone out of trouble

- **You Can’t Say, You Can’t Play! All games are open.**

- **Procedures**
  - Freeze at the bell.
  - Wait for the whistle.
  - Walk equipment and place in ball cart.
  - Walk back to class.

**People Make the Difference on Playgrounds**

- Improper supervision accounts for 40% of accidents.
- Supervisors need training.
- Children require rules and procedures for safe play.

**Equipment**

- Problem #3: There is not enough consumable equipment.
  - 1/10 Rule (piece per 10 children)
  - No bats or hockey sticks.
  - Establish a tricycle track!
Equipment

- Check-out System
- Sign out sheet
- You check out
- You’re responsible
- No Bats or Hockey
- Sticks at recess

Expectations

Problem #4 - Schools lack consistent expectations for student behavior.
- Monitor behavior
  - Communicate universal expectations
  - Rules
  - Procedures
- Reward Appropriate Behavior
  - Coupons
  - Certificates
- School-wide Implementation

Expectations

- Awards

Playground Report

<table>
<thead>
<tr>
<th>Playground Report</th>
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<tbody>
<tr>
<td>Name</td>
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<tr>
<td>Grade</td>
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<td>Time</td>
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<tr>
<td>What happened?</td>
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</table>
- In an area that is off limits
- Adversely affects others
- Self-harm or injury
- Inappropriate language
- Bullying
- Harassing
- Throwing objects
- Tampering
- Jeremy

Suggested Consequences:
- Office referral
- Loss of recess

Not Enough to Do

Problem #5 - Playgrounds Lacked Developmentally Appropriate Games
- Tetherball, 4 square, hopscotch, basketball, volleyball, and sometimes handball.
- (6 markings)
**Designing**

*Developmentally Appropriate Designs*
- Enhance motor development
- Enhance Cognitive Development
- Enhance play preferences

**Designs**

Add 100 new games and activities
Grass and Blacktop Areas

- KDG
- K-3 Playground
- 3-6 Playground
- Field Designs
Maximize Space Minimize Injuries

**Motor Development Designs**

- Hopping, Skipping, Galloping
- Hopscotch
- Balance Beam

**Cognitive Games**

- Alphabet track
- Number Grid

**Maximize Space Minimize Injuries**

- Pre/School Kdg
- Primary (K-3)
- Upper Grades (4-6)
- Field Designs
Primary Blueprint

How to Get Results!

Comprehensive Approach to Playground Components

1. Conflict Resolution
2. Rules
3. Equipment
4. Expectations
5. Designs

Findings

- Physical Activity
- More Game Markings = More children who are more active.

San Diego Pep Grant Findings-2004

Findings

Customer Satisfaction Survey-Principals

- 0.7% decrease in playground injuries
- 55% said visits to nurse decreased
- 64% said reduction in bullying
- 66% decrease in playground confrontations
- 83% increase in children participating in games

Beiswenger, Hogan & et.  2003 Report of Findings

Everything I learned in Life: I learned on the Playground

- Play by the rules. BEHAVE or you’ll not get to play.
- Dress appropriately. Keep track of your stuff. BE POLITE.
- Take turns. SHARE. Make friends. Tolerate DIFFERENCES of others.
- Consider the FEELINGS of others. Give everyone a CHANCE.
- Get along. Be humble.
- REMEMBER. Cheaters never really win. WINNERS never cheat.
- Don’t tear up the equipment. Put stuff back where you found it.
- Show SPORTSMANSHIP. Shake hands. Practice to get better at everything.
- Know the score. NEVER GIVE UP! TRY YOUR BEST ALWAYS IN ALL WAYS!