

# Recess Before Lunch



**How to implement  
Recess Before Lunch**

**Obstacles in  
implementing  
Recess Before Lunch**

**Research Behind  
Recess Before Lunch**

- 1. Recess Before Lunch Points of View- Parent, teacher, student**
- 2. Research Behind Recess Before Lunch**
- 3. How do I Get Started? Gaining support for RBL**
- 4. Steps to Implementing RBL**

**Course includes Certificate & Professional Development Hours**

Individual, School and District options available through online learning platform

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