



## **PARENTS AND TEACHERS SAY “GIVE OUR KIDS A BREAK!”**

*Survey Reveals Importance of Recess to Children’s Education  
Raises Questions about Cuts to Recess Time*

### **Overview**

The experts agree that reading, writing, and math skills are essential to a child’s education – but what about recess? A recent survey of PTA leaders nationwide says parents and teachers also think taking a break is a vital part of a child’s school day.

### **Recess...Is Important for our Kids**

- 99 percent of PTA parents and teachers say that recess is important for elementary school children
  - Three out of four agree that recess should be mandatory
  - 90 percent disagree that recess is a waste of time
  - Three-fourths disagree that all school time should be spent on academics

### **Recess...Is a Way for Kids to Blow off Steam**

- 80 percent surveyed agree that taking a recess break helps kids burn energy or “blow off steam”
  - Two-thirds think kids need unstructured play during the day
  - Three-fourths say taking a break in the day helps kids concentrate
  - 76 percent agree that taking a recess break helps kids do better in school

### **Recess...Helps Kids Learn Social Skills**

- Over 70 percent surveyed agree that recess helps a child develop socially
- More than half of PTA leaders think kids are less disruptive in class if they have recess

### **Recess...Needs to be Rescued!**

- More than half of PTA leaders think their daily recess is at risk
  - 45 percent say it is because of the need to focus on academics, 30 percent say it due to lack of supervisory staff for recess time
  - For those that report a frequency of recess other than daily, they say there is no recess in their school at all
  - Only 9 percent are confident that recess will not be reduced in their school