Grade 2
Pop Clap Recess
https://youtu.be/D-a-rnoEhRM

WEDNESDAY
10-20 MINUTES

Grade 2
Pop Clap Recess
https://youtu.be/D-a-rnoEhRM

MONDAY
10-20 MINUTES

Grade Prek - K
Wonder Woman & Black Panther Recess
https://youtu.be/hw9akgm_7nw
Wonder Woman:
https://youtu.be/enI5HT_4sbM
Black Panther:
https://youtu/be/95DWArXm4mA

TUESDAY
10-20 MINUTES

Grade 1
Froggy Recess
The Body Coach TV
https://youtu.be/16FIVgWUK1Y

WEDNESDAY
10-20 MINUTES

Grade 3
Cross Curricular Dance Recess
https://youtu.be/s5tXIEucCf0

THURSDAY
10-20 MINUTES

Grade 4 & 5
Pop Clap Recess
https://youtu.be/D-a-rnoEhRM

FRIDAY
10-20 MINUTES

THE GROUNDWORK OF ALL HAPPINESS IS HEALTH & RECESS IS A NECESSARY BREAK IN THE DAY FOR OPTIMIZING A CHILD’S SOCIAL, PHYSICAL, COGNITIVE, AND EMOTIONAL DEVELOPMENT.

By Javier Carrasco, PhD
The American Academy of Pediatrics recommends 20 minutes of recess daily. Additionally, one of the largest studies published on recess found that for 8 to 9 yr olds, at least one or more daily recess periods of at least 15 minutes was associated with better class behavior ratings and attention than no daily recess.

**Week 2 Recess Activity**

**MONDAY 10-20 MINUTES**
Grade PreK-K
Froggy Recess
The Body Coach TV
https://youtu.be/16FlVgWUkIY

**TUESDAY 10-20 MINUTES**
Grade 1
Wonder Woman & Black Panther Recess
https://youtu.be/hw9aKgm_7nw
Wonder Woman:
https://youtu.be/en15HT_4sbM
Black Panther:
https://youtu.be/9SDWAuXm4mA

**WEDNESDAY 10-20 MINUTES**
Grade 2
Four Spot Fitness Recess
https://youtu.be/ZZ8X7dV2FJ8

**THURSDAY 10-20 MINUTES**
Grade 3
Cross Curricular Dance Recess
https://youtu.be/s5tXlEUcCf0

**FRIDAY 10-20 MINUTES**
Grade 4 & 5
Four Spot Fitness Recess
https://youtu.be/ZZ8X7dV2FJ8

---

**THE GROUNDWORK OF ALL HAPPINESS IS HEALTH & RECESS IS A NECESSARY BREAK IN THE DAY FOR OPTIMIZING A CHILD’S SOCIAL, PHYSICAL, COGNITIVE, AND EMOTIONAL DEVELOPMENT.**

By: Javier Carrasco, PhD
VIRTUAL RECESS FOR KIDS

The American Academy of Pediatrics recommends 20 minutes of recess daily. Additionally, one of the largest studies published on recess found that for 8 to 9 yr olds, at least one or more daily recess periods of at least 15 minutes was associated with better class behavior ratings and attention than no daily recess.

Week 3 Recess Activity

**MONDAY 10-20 MINUTES**
Grade Prek - K
Wonder Woman & Black Panther Recess
https://youtu.be/hw9aKgm_7nw
Wonder Woman:
https://youtu.be/enI5HT_4sBM
Black Panther:
https://youtu.be/95DWArXm4mA

**WEDNESDAY 10-20 MINUTES**
Grade 2
Fill the Bucket
https://youtu.be/5OngDHxOqfY

**TUESDAY 10-20 MINUTES**
Grade 1
Bring Em Back
https://youtu.be/qqdikLp3-ow

**THURSDAY 10-20 MINUTES**
Grade 3
Bring Em Back
https://youtu.be/qqdikLp3-ow

**FRIDAY 10-20 MINUTES**
Grade 4 & 5
Fill the Bucket
https://youtu.be/5OngDHxOqfY

**THE GROUNDWORK OF ALL HAPPINESS IS HEALTH & RECESS IS A NECESSARY BREAK IN THE DAY FOR OPTIMIZING A CHILD’S SOCIAL, PHYSICAL, COGNITIVE, AND EMOTIONAL DEVELOPMENT.**

By: Javier Carrasco, PhD
The American Academy of Pediatrics recommends 20 minutes of recess daily. Additionally, one of the largest studies published on recess found that for 8 to 9yr olds, at least one or more daily recess periods of at least 15 minutes was associated with better class behavior ratings and attention than no daily recess.

**THE GROUNDWORK OF ALL HAPPINESS IS HEALTH & RECESS IS A NECESSARY BREAK IN THE DAY FOR OPTIMIZING A CHILD’S SOCIAL, PHYSICAL, COGNITIVE, AND EMOTIONAL DEVELOPMENT.**

By: Javier Carrasco, PhD
VIRTUAL RECESS FOR KIDS

The American Academy of Pediatrics recommends 20 minutes of recess daily. Additionally, one of the largest studies published on recess found that for 8 to 9 yr olds, at least one or more daily recess periods of at least 15 minutes was associated with better class behavior ratings and attention than no daily recess.

Week 5 Recess Activity

MONDAY
10-20 MINUTES
Grade Prek - K

TUESDAY
10-20 MINUTES
Grade 1
In the Creek & On the Bank
https://youtu.be/gUxr23CDXHY

WEDNESDAY
10-20 MINUTES
Grade 2
In the Creek & On the Bank
https://youtu.be/gUxr23CDXHY

THURSDAY
10-20 MINUTES
Grade 3
In the Creek & On the Bank
https://youtu.be/gUxr23CDXHY

FRIDAY
10-20 MINUTES
Grade 4 & 5
Create Dice Roll Odd or Even

THE GROUNDWORK OF ALL HAPPINESS IS HEALTH & RECESS IS A NECESSARY BREAK IN THE DAY FOR OPTIMIZING A CHILD’S SOCIAL, PHYSICAL, COGNITIVE, AND EMOTIONAL DEVELOPMENT.

By: Javier Carrasco, PhD