

# Sensational OT Tip of the Month

## The Importance Recess

**Do you know children that ...?**

1. Are always on the move
2. Seem stressed
3. Struggle to concentrate or finish their work

They might need movement in order to stay calm become organized. Recess is a great time to get much needed movement during the school day. Recess promotes physical and emotional wellbeing in a social context. It prepares children to be ready to learn. **Taking away recess as a consequence may have a negative impact on behavior for children that need movement.**

### **Sensational ideas about the importance of recess.**

1. Physical activity promotes concentration.
2. Children need movement to help them self regulate and get organized.
3. Recess is a time that children can run, climb, and swing, providing essential sensory input.
4. Recess is a time to learn to share and negotiate while playing with peers.
5. Physical activity fights obesity, heart disease and strengthens bones and muscles.

*Go to the link below for more information about the importance of recess.*

<http://www.aota.org/~media/Corporate/Files/Practice/Children/SchoolMHToolkit/Recess%20Promotion.pdf>

[Click here](#) for more tip sheets for preschool and school age classrooms at [www.cintiOTinstitute.com/tipofthemonth](http://www.cintiOTinstitute.com/tipofthemonth) . For information about occupational therapy services at COTI go to [www.cintiOTinstitute.com](http://www.cintiOTinstitute.com).

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