

Indoor Recess

Setting Up For Success So **EVERYONE** can **ENJOY IT!**



Wednesday January 6, 2021.

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School, RSB and
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How can Indoor Recess be manageable and fun?

There's so much to do

I'd just like to make it disappear....!
Can I?

There must be some ways to simplify this...

Can someone please help with this?!



Intervention Continuum

Intervention Continuum		
In the Classroom	Outside the classroom When previous interventions have been done and behavior continues or increases.	At the Office
<ul style="list-style-type: none"> ✓ Greeting students individually (reconnecting after a time of separation – morning, recess, lunch, class with a specialist) ✓ Eye contact – addressing by name ✓ Collect the group prior to giving instructions – establish and implement listening ritual. Apply consistently. ✓ Verbal cue – reminders, reiterating original request. Ensure time for processing. ✓ Increase physical proximity to students ✓ Provide preferential seating for students who require close proximity to adults to attend fully ✓ Acknowledge behaviors of others to encourage the student to follow through on request ✓ Recognize and acknowledge 'small steps' of positive behavior and progress ✓ Encouragement to continue/solicit their good intentions ✓ Talk to the student (individually) – offer choice, e.g. different work station within the classroom, different seating option ✓ Acknowledge and validate the child's emotions when incidents occur ✓ Provide support for what was not understood by the student ✓ Make use of the Quiet Corner/Designated Area in the classroom to have a break, time to tune in to their emotions, re-center themselves and then return to the group. ✓ Use of 'Brain Breaks' - as a group to help provide a 'pause' when students struggle to stay focused on task. Can also be done individually, with a basket of selected resources just outside the classroom or with a stationary bicycle or treadmill. ✓ If behavior continues offer choice of going to work in a Foster Classroom (pre-established) or in the Nurturing Support Centre (if one is present in your school). ✓ Use parachute pass to take a 5-min break for a walk, a drink of water or provide an 'out of class movement break' with interoffice mail requiring a signature from an adult. 	<ul style="list-style-type: none"> ✓ Check-In – Any staff member can provide this support. Warm time of connection to help a student integrate into their school day. Provides them with an opportunity to express their emotions and have support for potentially challenging moments in their day. ✓ Establish 'Safe Places' (destinations) when a student takes flight from the classroom. Emphasize that for safety they need to be supervised at all times. Having a few places in the school is often beneficial. ✓ Kinesthetic Pathway/Movement Breaks – Additional movement opportunity, outside the classroom, in the hallway (in a predetermined section) with supporting materials. Provides students with movement break to help them get energy out and then refocus when they return to class. ✓ Departure from the classroom – <ul style="list-style-type: none"> (1) Move to Foster Class (pre-arranged location) <ul style="list-style-type: none"> ✓ Student is assigned a predetermined place to sit and complete his work (work station). The goal is to provide supervision and that it not be disruptive to the receiving teacher and their group ✓ Parents are informed by teacher that this intervention strategy is prepared for their child and will be used to help them when needed. ✓ Child may be involved in a quiet activity, read a book or attempt their work in this different environment. ✓ When child is calm, the teacher will give the okay to return to his/her group. (2) Move to the Emotions Room (room set-up for safe emotional expression) <ul style="list-style-type: none"> ✓ A safe place where a student can express their big emotions, under adult supervision, without risk of repercussion. ✓ A private context where a child's dignity is preserved. ✓ When the student is calm he/she may return to class or to the Nurturing Support Centre if more time and intervention are required. (3) Move to the Nurturing Support Centre (if one is present in your school). <ul style="list-style-type: none"> ✓ Provide support and intervention based on the students' needs – emotional, behavioral and academic challenge presented ✓ Second attempt in class – if behavior resurfaces, the "In the classroom" interventions are worked through again. However, if there is need for a second removal from class the student will not return to class that day. <ul style="list-style-type: none"> ✓ The office is informed – the principal will be asked to support the teacher's interventions and the student ✓ A decision will be made as to where the student will remain for the remainder of the day. This will be dependent on attitude, behaviors and level of responsiveness to adult interventions. ✓ Parents are informed by the principal (or staff assistant if principal is away) ✓ Tracking when a student is sent to a Foster Class and to the office on a regular basis. ✓ Intervention at the end of the day – solicit their good intentions to demonstrate appropriate behavior and language in class the following day (<i>"Can I count on you to stay in class, do your work and use your words if you become upset?"</i>) 	<ul style="list-style-type: none"> ○ Tracking of the visit - including notes ○ Meeting with teachers following intervention with a student at the office. Review what unfolded, share interventions implemented, and communication with parents if this was deemed required. ○ The Team Lead referral document is completed to collect data and to inform the MDT team in Complementary Services. Specific services are requested based on individual needs. ○ With the student: <ul style="list-style-type: none"> ○ Time is given to calm down ○ Acknowledge and validate the child's emotions when incidents occur ○ When calm they are engaged in a conversation to explain what unfolded ○ Consequence (if deemed necessary) is discussed with the teacher, then delivered to the student ○ Solicit their good intentions to demonstrate appropriate behavior and language when they return to class that day or the following day. (<i>"Can I count on you to stay in class, do your work and use your words if you become upset?"</i>) ○ If a suspension is warranted it will be announced by the principal ○ Principal informs the parents when a suspension is given – phone call with a letter providing a detailed description ○ The student is informed of the content of the letter being sent home ○ Professionals from RSB working with this student and from outside agencies are informed that this student has been suspended for inappropriate behaviors and duration of the suspension. ○ Parent meetings most often follow suspensions to help establish a fresh start with a clear Plan of Action. ○ Check-ups are done following incidents and suspensions in order to monitor progress and challenges. ○ When situations continue to be difficult and challenging - team meetings are held to further discuss and decide interventions based on progress and/or challenges. It is key that all adults working with the student are informed of changes and decisions regarding interventions being implemented. ○ Some very challenging situations (e.g. numerous suspensions, repeated acts of violence, repeated explicit inappropriate language) may warrant meetings at RSB with the MDT team members, parents and professionals from social service agencies. Special individual intervention strategies will be decided upon to help the student re-integrate the school milieu. Following these meetings, the school team will be informed of the plan and how it will be implemented. Daily and weekly follow-up discussions will take place to monitor how the re-integration is unfolding. Further meetings will take place, as needed.



Transitions – Intervention Continuum

Preventive Strategies for Transition Times - Arrival at school, Recess, Lunch, End of Day Send-off -			
Transitions	1 st level interventions		2 nd level interventions When previous interventions are tried, and behavior continues or increases.
			At the Office
OUTDOOR			
<p>ARRIVAL AT SCHOOL (school bus, walker, from daycare)</p> <ul style="list-style-type: none"> ✓ Greeting students individually ✓ The whole school team is "All Hands-on Deck" through the building and outside the school ✓ Name explicitly what is expected of students ✓ Check-In with teachers ✓ Sheltered homeroom for identified students <p>TRANSITION OUT OF CLASSROOM</p> <ul style="list-style-type: none"> ✓ Name "expected behaviours" prior to leaving the classroom ✓ Solicit good intentions to follow through ✓ Remind students to come to the adults when there are frustrations/struggles <p>IN THE HALLWAY</p> <ul style="list-style-type: none"> ✓ Model appropriate behaviors (ex. Walking on right hand side) ✓ Intervene with inappropriate behaviors, coach appropriate behaviors <p>EATING TIME (before leaving the classroom)</p> <ul style="list-style-type: none"> ✓ Collect the child prior to giving instructions ✓ Show patience, listen and give attention ✓ Avoid triggering the child with a firm/rigid tone of voice or by addressing them publicly ✓ Talk to the student (individually), offer choices, ensure time for processing ✓ Increase physical proximity to students <p>END OF DAY SEND-OFF</p> <ul style="list-style-type: none"> ✓ Recap for identified students ✓ Sheltered Recap for identified students 	<p>Preventative strategies</p> <ul style="list-style-type: none"> ✓ Structure and routine: <ul style="list-style-type: none"> ✓ Defined sections in the yard ✓ Schedule of activities ✓ All classes are informed of the schedule and range of activities ✓ Safety – adults on duty wear a colored vest for easy visual reference ✓ Equipment – set-up a tracking system for borrowing and returning ✓ Mentor Players – pairing K –grade 1 classes with 2 grade 5/6 students per class <ul style="list-style-type: none"> ✓ Help engage students in games ✓ Yard Guardians – Grade 5/6 students <ul style="list-style-type: none"> ✓ Responsible for a yard station with a game ✓ Coaching/teaching is provided to learn games and then be able to teach younger students 	<p>Intervention suggestions</p> <ul style="list-style-type: none"> ✓ Paint games on the ground (ex. Snakes and ladders, Hop scotch, Chess, 4-corners). ✓ Paint games on the wall (ex. Target to play with tennis balls) ✓ Have different types of LOW energy games with adult supervision and coaching <ul style="list-style-type: none"> ✓ Simon Says ✓ What time is it Mr. Wolf? ✓ Red light, Green light ✓ Have different types of HIGH energy games with adult supervision and coaching <ul style="list-style-type: none"> ✓ Soccer, soccer baseball ✓ Street hockey/ball hockey ✓ Frisbee 	<p>Note: Please refer to the document entitled <i>Nurturing Support Centre – Intervention Models to Consider – Prevention & Intervention</i></p> <p>SUPPORTED RECESS</p> <ul style="list-style-type: none"> ✓ For identified students with an assigned adult coaching and modeling good sportsmanship ✓ In a designated and reserved area of the playground ✓ Games are taught so students will learn how to play a variety of games <p>EXTENDED RECESS</p> <ul style="list-style-type: none"> ✓ For identified students with an assigned adult ✓ Prior to going outside, the student is coached with specific cues to help him/her do their best when others come out. ✓ These students get an additional 10-15 minutes of playtime because they need to get excess physical energy out and release frustrations <p>SUPPORTED LUNCH – Outdoor Playtime</p> <ul style="list-style-type: none"> ✓ Same as Supported Recess explained above
	INDOOR		
	<p>Preventative strategies</p> <ul style="list-style-type: none"> ✓ Structure and routine: schedule of activities <ul style="list-style-type: none"> ✓ Have schedules posted in different locations for teachers and students to be aware of which activities take place when and where ✓ Sign-up process 	<p>Intervention suggestions</p> <ul style="list-style-type: none"> ✓ Intervention clubs with Technician ✓ Game clubs ✓ Craft clubs ✓ Social interest clubs (e.g. drama, photography, skipping rope, etc.): staff share their passions, with volunteers leading ✓ Scheduled physical activities (e.g. Just Dance, open gym with stations set up) 	<p>SHELTERED RECESS</p> <ul style="list-style-type: none"> ✓ Identified students come to the NSC or Technician room, based on a schedule, because they are unable to cope within the larger group on a behavioral and emotional level ✓ Interventions are coached and modeled to help students manage their emotions appropriately <p>SUPPORTED LUNCH –Eating time</p> <ul style="list-style-type: none"> ✓ For identified students, who are unable to manage the noise level and close physical proximity of eating in the cafeteria or their classroom. ✓ Students meet a designated adult in a predetermined location. <p>SHELTERED LUNCH</p> <ul style="list-style-type: none"> ✓ Same as Sheltered Recess explained above
INDOOR (Inclement weather – rain, ice, deep cold)			
	<p>Preventative strategies</p> <ul style="list-style-type: none"> ✓ Encourage teachers to set-up a plan for indoor recess/lunch days that can be implemented when needed ✓ Organize activities/stations in different locations ✓ Pre-set plan that gets put into action when students must stay inside 	<p>Intervention suggestions</p> <ul style="list-style-type: none"> ✓ Have a wide range of board games readily available in the classroom ✓ Have individual craft, drawing, building & creating projects that students can invest time this additional time in ✓ Kinesthetic pathway – movement stations. These can be within the classroom and in the hallways ✓ Have a community Puzzle table, Math Challenge Area, Art Station within the classroom 	<p>SHELTERED RECESS AND SHELTERED LUNCH</p> <ul style="list-style-type: none"> ✓ These resources remain available for students scheduled for this intervention support ✓ Additional students may require this support on Indoor Recess/Lunch due to inclement weather, this will be determined by administration, teachers and support staff <p>BUILDING AND CREATING PROJECTS</p> <ul style="list-style-type: none"> ✓ Having different 'stations'/spaces within the school available for students to work on individual or small group building projects can be an asset to help manage emotional stirrings and the change in schedule
			<p>With the student:</p> <ul style="list-style-type: none"> ✓ Time is given to calm down ✓ Acknowledge and validate the child's emotions when incidents occur ✓ When calm engage in a conversation to discuss what unfolded ✓ Consequence (if deemed necessary) is discussed with the adults involved, then delivered to the student ✓ Solicit their good intentions to demonstrate appropriate behavior and language when they return to play that day or the following day ✓ Principal informs the parents when a suspension is given – phone call with a letter providing a detailed description <p>With the adults involved:</p> <ul style="list-style-type: none"> ✓ Collect information in the Log of Events to have a full picture of what unfolded and to get the details of interventions attempted ✓ Meeting with school staff following intervention with a student at the office. Review what unfolded, share interventions implemented, and communication with parents if this was deemed required ✓ Check-ups are done following the event with student and staff involved to ensure appropriate interventions are being implemented ✓ When situations continue to be difficult and challenging - team meetings are held to further discuss and decide interventions based on progress and/or challenges. It is key that all adults working with the student (including the teacher) are informed of changes and decisions regarding interventions being implemented

Transitions – Intervention Continuum

INDOOR		
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Joelle's initiative:

INDOOR RECESS SCHEDULE

Joelle Beaubien C- 217



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Indoor Recess Permitted Activities</i>				
1:10-1:30 Or Indoor Recess when Outdoor Recess cancelled due to weather	Ms. Beaubien Duty Teacher Choice	Ms. Beaubien Duty Teacher Choice	Relaxation Recess Mme. Jocelyne Duty	Relaxation Recess Ms. <u>McRitchie</u> Duty	Ms. Beaubien Duty Teacher Choice
	<ul style="list-style-type: none"> *Stacking Cups *Board Games *Go Noodle *Playdoh *Crafts & Colouring *Paddle Birdie *Hacky Sacks * Squishy Ball Hockey in Safe Zone (No outdoor balls allowed) * Hands and Feet Hopscotch 	<ul style="list-style-type: none"> *Stacking Cups *Board Games *Go Noodle *Playdoh *Crafts & Colouring *Paddle Birdie *Hacky Sacks * Squishy Ball Hockey in Safe Zone (No outdoor balls allowed) * Hands and Feet Hopscotch 	<ul style="list-style-type: none"> *Colouring *Reading *Chess *Cards *Movie *Finger Weaving *How to Draw on Smart Board *Yoga 	<ul style="list-style-type: none"> *Colouring *Reading *Chess *Cards *Movie *Finger Weaving *How to Draw on Smart Board *Yoga 	<ul style="list-style-type: none"> *Stacking Cups *Board Games *Go Noodle *Playdoh *Crafts & Colouring *Paddle Birdie *Hacky Sacks * Squishy Ball Hockey in Safe Zone (No outdoor balls allowed) * Hands and Feet Hopscotch 

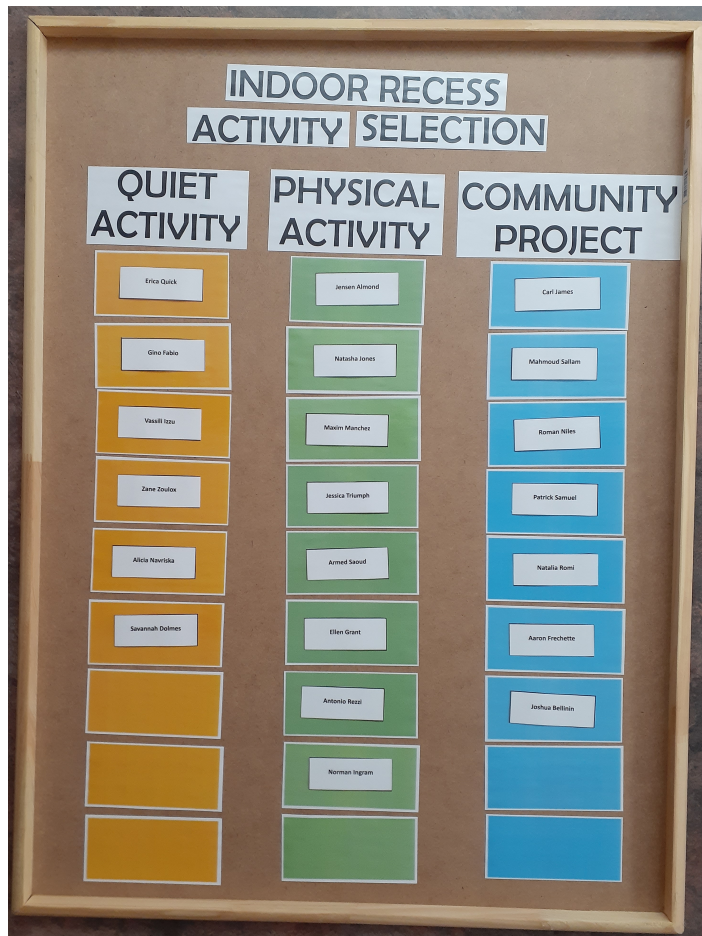
Indoor Recess Resource Package

In this package you will find the following:

1. **Setting the Stage for Success with Indoor Recess**
2. **Suggestions for Indoor Activities – Quiet Activities, Physical Activities and Community Project Ideas - per cycle**
3. **Templates of Indoor Recess Schedule – per cycle sample and blank templates to personalize**
4. **Indoor Recess Classroom Rules**
5. **Sign for Available Materials**

Setting the Stage for Success with Indoor Recess

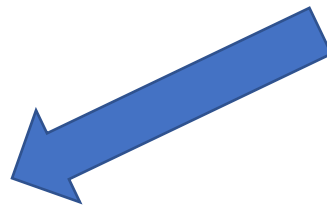
- Set-up a structure and routine that will be implemented when Indoor Recess will take place.
 - Take the time to explain, teach and coach these specific routines. Deciding 'who will go where,' accessing materials and clean-up at the end of recess. Will this be decided daily, weekly?



Setting the Stage for Success with Indoor Recess

Monday
Quiet Time Activities
✓ Mandalas/Coloring pages
✓ Search'n Find placemats with dry erase markers
✓ K'Nex, Legos
✓ Play Doh
✓ Puzzles (Individual/Dyad)
Physical Activities
✓ Fitness BINGO
✓ BOKS Fitness Program
✓ Yoga exercises
Community Project
✓ Mural drawing on banner paper
✓ Puppetry/Dress-Up play – Acting out stories
✓ Building game
----- Adult on Duty -----
MS. KARSON§

- Set-up a structure and routine that will be implemented when Indoor Recess will take place.
 - Ensure that the adults who are on duty are aware of the 'structures and routines' in your specific classroom.
 - It's important that the students know, that the supervising adult is well informed and they will be guided with the same information and guidelines as if you were present.



Identify and label

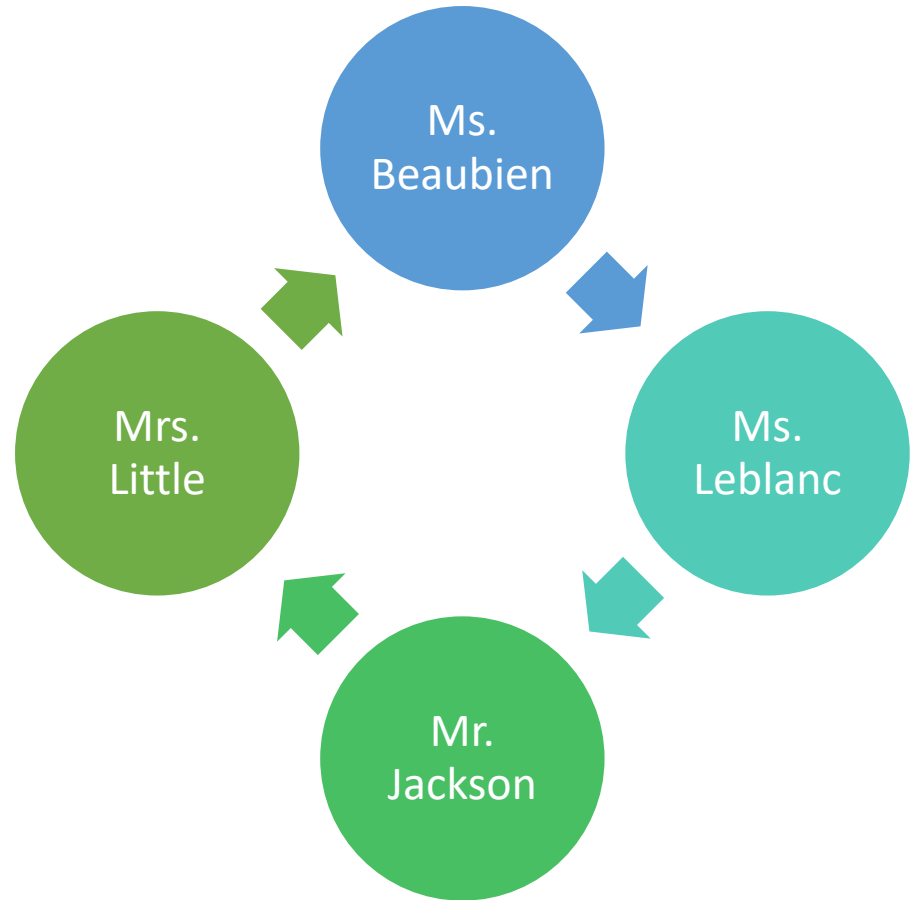


Investing time and energy to set-up will pay off in clean-up!



Setting the Stage for Success with Indoor Recess

- Consider having Indoor Recess materials on a cart
 - Teachers could share and rotate carts between different classrooms
 - Increases variety for students
 - Reduces the cost of having 'same' games or materials
 - Carts could be rotated on a weekly basis
 - Changes/additions could be done on a monthly basis



Setting the Stage for Success with Indoor Recess

On the day of “Indoor Recess” Put your “Plan” into ACTION!!

PRIOR TO RECESS:



1. Review schedule – identify the day and name which materials are available
2. Determine ‘*who*’ will go ‘*where*’ based on the system chosen with your group
3. Review Indoor Recess Rules
4. Review Clean-up Process at the end of Indoor Recess
5. Remind adult on supervision of the structure, routine and clean-up procedures in your room

Setting the Stage for Success with Indoor Recess

On the day of “Indoor Recess” Put your “Plan” into ACTION!!



DURING RECESS:

1. Adult supervision, guiding, coaching to ensure that a good time is had by all
2. Five minutes prior to the end of recess – cue for 5 remaining minutes. Start of clean-up.
3. Coach and prime good clean-up.
4. Adult supervising - Give feedback to students on what went well and any improvements that may be needed, in the presence of the classroom teacher, to bridge any potential communication gap.

Setting the Stage for Success with Indoor Recess

On the day of “Indoor Recess” Put your “Plan” into ACTION!!

FOLLOWING RECESS:



1. Classroom teacher – Have a short discussion with the group –
 1. How did they find this set-up?
 2. Pros/cons
 3. Suggestions for improvement.
2. If deemed necessary - make adjustments in the selection of activities available (if problems arose or students were not interested in the specific activity).
3. Seek their input and suggestions. Determine if their suggestions are feasible for your classroom.

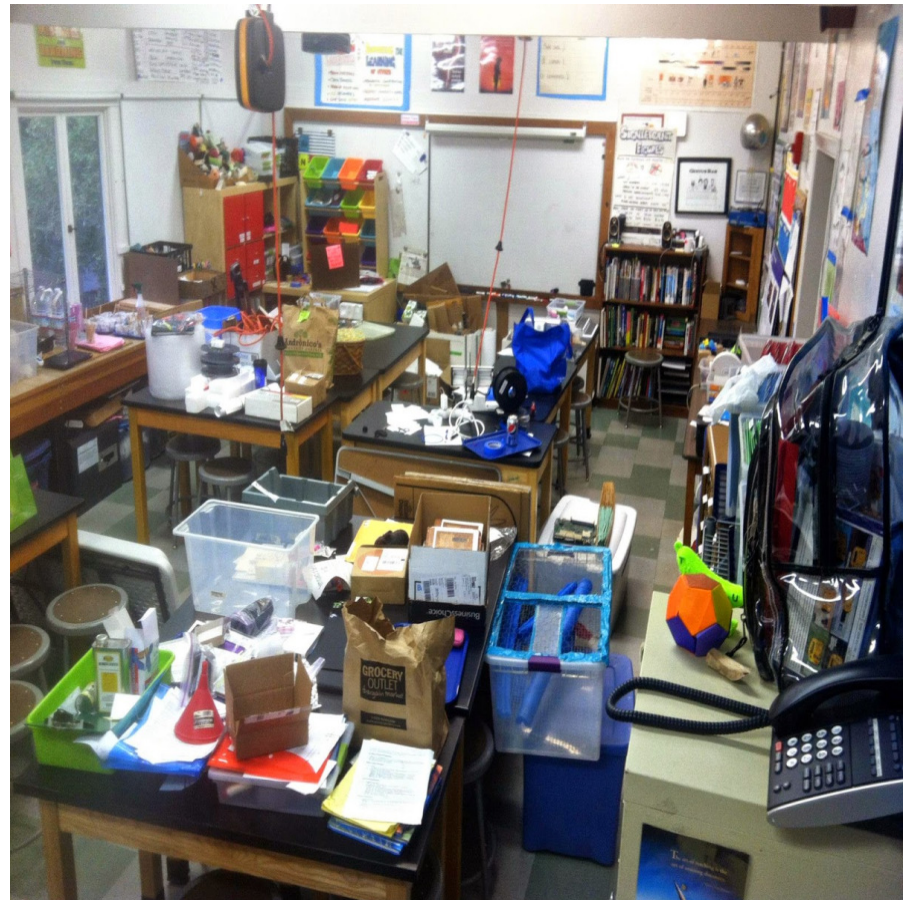
Setting the Stage for Success with Indoor Recess

On the day of “Indoor Recess” – Put your “Plan” into ACTION!!

The goal of having a schedule:

- It provides a structure
- Not all items are potentially out at once (which makes clean-up much more challenging and students quickly get bored).

By having materials available on rotation and switching it up, adding in new items periodically, it is much easier to maintain interest and motivation to follow the structure and routines for successful Indoor Recess.



Selecting Activities: Decide “*who*” goes “*where*” BEFORE recess starts

- Having a chart with 3 categories of activities:
 - Quiet,
 - Physical,
 - Community Project
- Limit how many students can be in each category or at any given activity.
- Students identified by their name

The chart is titled "INDOOR RECESS ACTIVITY SELECTION" and is organized into three columns: QUIET ACTIVITY, PHYSICAL ACTIVITY, and COMMUNITY PROJECT. Each column contains a list of student names in colored boxes. The QUIET ACTIVITY column has 10 yellow boxes, with 7 containing names. The PHYSICAL ACTIVITY column has 10 green boxes, with 8 containing names. The COMMUNITY PROJECT column has 10 blue boxes, with 7 containing names.

QUIET ACTIVITY	PHYSICAL ACTIVITY	COMMUNITY PROJECT
Erica Quick	Jensen Almond	Carl James
Gino Fabio	Natasha Jones	Mahmoud Sellam
Vassili Izu	Maxim Manchez	Roman Niles
Zane Zoulox	Jessica Triumph	Patrick Samuel
Alicia Navriska	Armed Saoud	Natalia Romi
Savannah Dolmes	Ellen Grant	Aaron Frechette
	Antonio Rezzi	Joshua Bellinin
	Norman Ingram	

Selecting Activities: Decide “Who” goes “where” BEFORE recess starts

- Numbers organized on rotation:
 - Each student is given a number - class list, management system
 - Even numbered days – even numbered students choose their activity of choice first
 - Odd numbered days – odd numbered students choose their activity of choice first



Selecting Activities: Decide “*Who*” goes “*where*” BEFORE recess starts

- Random picking with popsicle sticks that have each student’s name on them
- Determine the frequency of changing activities; daily, weekly, etc.
- Or, set the parameter that over the span on a week, they need to partake in 3 different activities of their choice.
- This allows for change, rotation and exposure to different types of activities.
- The goal is also to have fun during indoor recess!



Selection
by name

INDOOR RECESS ACTIVITY SELECTION

QUIET ACTIVITIES	PHYSICAL ACTIVITIES	COMMUNITY PROJECT
Jackson Smith	Jonathan Jones	Tenisha Sharpe
Amy Banana	Erica Quick	Ahmed Saoud
Carl James	Roman Niles	Jessica Triumph
Gino Fabio	Alicia Navriska	Zoe Flint
Maxim Manchez	Roxanne Boxy	Ellen Grant
Joshua Bellinin	Jensen Almond	Antonio Rezzi
	Elie Nordstrom	Carry Walsh
		Norman Ingram

Selection
by number

INDOOR RECESS ACTIVITY SELECTION

QUIET ACTIVITIES	PHYSICAL ACTIVITIES	COMMUNITY PROJECT
5	6	9
1	2	11
8	13	15
18	16	3
7	4	17
14	10	21
	20	12
	19	

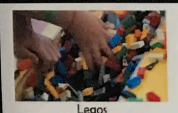
Indoor Recess Activity Chart – Set-up on blackboard with number magnets representing each student in Joelle’s class

Indoor Recess Activities

Quiet Time Activities



Draw on dry-erase board



Legos



Chess

Physical Activities



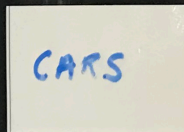
Cup stacking



Mini hockey



Suction cup balls



Community Projects



Puppet show



Community Puzzle



Weaving project



Indoor Recess Activities - Kindergarten

Quiet Time Activities	Physical Activities	Community Project
<ul style="list-style-type: none"> ✓ Mandalas/coloring pages ✓ Lacing pages ✓ Collage making ✓ Search'n Find placements (laminated, used with dry-erase markers) ✓ Search'n Find books ✓ Play Doh ✓ Pattern making with beads ✓ K'Nex, Legos, Straws and Connectors (Building games) ✓ Letter games ✓ Magnets – shapes, letters, numbers ✓ Puzzles – individual or dyad ✓ Number, letter, shape games ✓ Bracelet making with beads and pipe cleaners ✓ Architek ✓ Building game (blocks, marbles & tunnels) ✓ Dot-to-dot activities 	<ul style="list-style-type: none"> ✓ Go Noodle/Let's Dance ✓ Fitness Bingo ✓ 10 sided exercise dice ✓ Hoola hoops (a station in the room) ✓ Simon Says Game ✓ Desk Drumming ✓ Pool Noodle workout ✓ Boks Fitness program ✓ Yoga exercises ✓ Sardines (reverse of Hide and Seek- 1 person hides and everyone else looks for the hidden person. When a person finds the hidden person, they quietly join them in their hiding spot). ✓ Musical Chairs ✓ Xs and Os (using students- put tape on floor and students play in teams by standing in the spots holding an X or O or some other object (could be themed objects (e.g. Halloween→ bats vs pumpkins ✓ Cup stacking – construction and destruction 	<ul style="list-style-type: none"> ✓ Mural drawing on banner paper ✓ Puzzle (larger group puzzle) ✓ Building game ✓ THEME craft table ✓ Puppetry and Dress-up play – Acting out stories ✓ LEGO wall ✓ Class Treasure Hunt with pictures

Indoor Recess Activities - Kindergarten

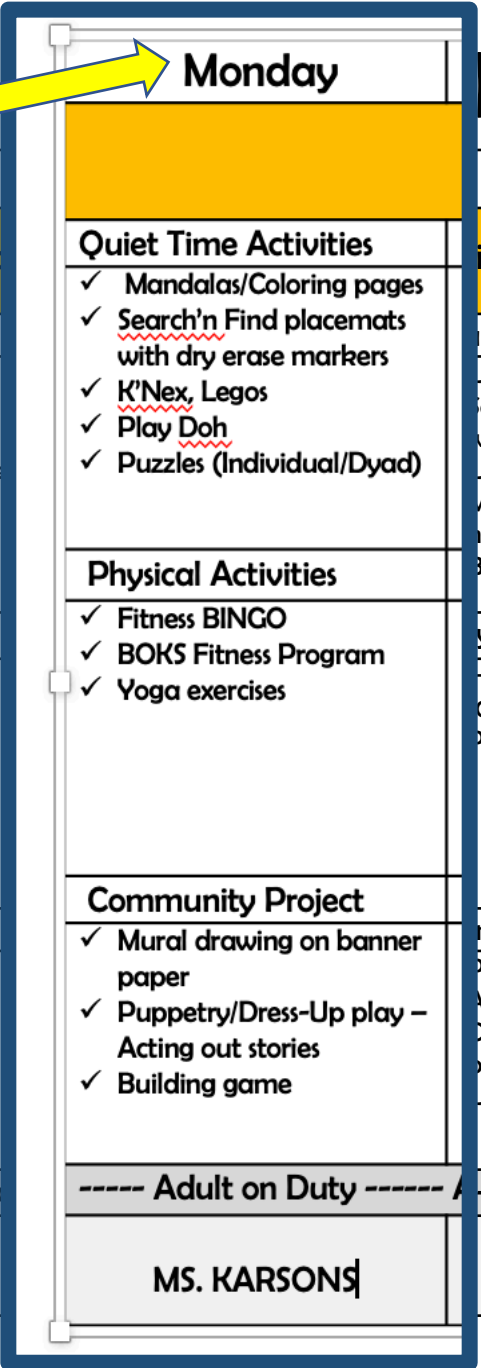
Quiet Time Activities	Physical Activities	Community Project

Indoor Reces

Monday

Kindergarten

Monday	Tuesday	Monday	Thursday	Friday
Indoor Reces		Indoor Reces		
Quiet Time Activities <ul style="list-style-type: none"> ✓ Mandalas/Coloring pages ✓ Search'n Find placemats with dry erase markers ✓ K'Nex, Legos ✓ Play Doh ✓ Puzzles (Individual/Dyad) 	Quiet Time Activities <ul style="list-style-type: none"> ✓ Lacing Activities ✓ Play Doh ✓ Straw and Connectors ✓ Magnets-Letters, shapes, numbers ✓ Search'n Find books ✓ Dot-to-dot activities 	Quiet Time Activities <ul style="list-style-type: none"> ✓ Mandalas/Coloring pages ✓ Search'n Find placemats with dry erase markers ✓ K'Nex, Legos ✓ Play Doh ✓ Puzzles (Individual/Dyad) 	Quiet Time Activities <ul style="list-style-type: none"> ✓ Lacing Activities ✓ Search'n Find placemats with dry erase markers ✓ Legos ✓ Magnets-Letters, shapes, numbers ✓ Building games 	Quiet Time Activities <ul style="list-style-type: none"> ✓ Collage making ✓ Play Doh ✓ Straws and Connectors ✓ Mandalas/Coloring pages ✓ Magnets-Letters, shapes, numbers ✓ Dot-to-dot activities
Physical Activities <ul style="list-style-type: none"> ✓ Fitness BINGO ✓ BOKS Fitness Program ✓ Yoga exercises 	Physical Activities <ul style="list-style-type: none"> ✓ GoNoodle/Let's Dance ✓ Simon Says Game ✓ Pool Noodle Workout 	Physical Activities <ul style="list-style-type: none"> ✓ Fitness BINGO ✓ BOKS Fitness Program ✓ Yoga exercises 	Physical Activities <ul style="list-style-type: none"> ✓ Hoopa hoops ✓ 60 sided exercise dice ✓ Pool Noodle Workout 	Physical Activities <ul style="list-style-type: none"> ✓ Sardines ✓ Desk Drumming ✓ BOKS Fitness Program
Community Project <ul style="list-style-type: none"> ✓ Mural drawing on banner paper ✓ Puppetry/Dress-Up play – Acting out stories ✓ Building game 	Community Project <ul style="list-style-type: none"> ✓ Theme Craft Table ✓ Building game ✓ Puzzle (large group puzzle) 	Community Project <ul style="list-style-type: none"> ✓ Mural drawing on banner paper ✓ Puppetry/Dress-Up play – Acting out stories ✓ Building game 	Community Project <ul style="list-style-type: none"> ✓ Puppetry/Dress-Up play – Acting out stories ✓ Class Treasure Hunt with pictures ✓ LEGO Wall 	Community Project <ul style="list-style-type: none"> ✓ Puzzle (large group puzzle) ✓ Theme Craft Table ✓ LEGO Wall
----- Adult on Duty -----		----- Adult on Duty -----		
MS. KARSONS	MR. JONES	MS. KARSONS	MS. KARSONS	MR. JONES



Indoor Recess Schedule -Kindergarten

Monday	Tuesday	Wednesday	Thursday	Friday
Indoor Recess PERMITTED Activities				
Quiet Time Activities	Quiet Time Activities	Quiet Time Activities	Quiet Time Activities	Quiet Time Activities
✓	✓	✓	✓	✓
Physical Activities	Physical Activities	Physical Activities	Physical Activities	Physical Activities
	✓	✓	✓	✓
Community Project	Community Project	Community Project	Community Project	Community Project
----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty -----				

Activities available TODAY!

Indoor Recess Activities

Quiet Time Activities



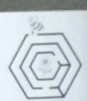
Marbles & tunnels



Collage making



Architek



Maze

Physical Activities



Pool Noodle workout



Hula hoop



10-sided exercise dice



Cup stacking

Community Projects



Color Scavenger Hunt



Community Puzzle



LEGO wall



Dress-up play

Indoor Recess Activities – Cycle 1

Quiet Time Activities	Physical Activities	Community Project
<ul style="list-style-type: none"> ✓ Mandalas/coloring pages ✓ Lacing pages ✓ Collage making ✓ Search'n Find placements ✓ Laminated mazes with dry-erase markers ✓ Play Doh ✓ Pattern making with beads ✓ K'Nex, Legos, Straws and Connectors (Building games) ✓ Snakes & Ladders (Variety of board games) ✓ Junior Rush Hour ✓ Hoppers ✓ Guess Who? ✓ Cards, Uno ✓ Connect 4 ✓ Logix, Numéro, Animalogic, Architek ✓ Sorting games ✓ "Craft Station" – having different materials available, changing things up periodically to keep it interesting and inspiring ✓ Art for Kids Hub – can watch wide variety of how- to-draw videos, usually under 15 minutes in length ✓ Post Office set-up (writing notes, letters, etc.) ✓ <u>Personal project:</u> <ul style="list-style-type: none"> ✓ Yarn creation -corking, straw weaving, finger knitting ✓ Fidget making ✓ Sketching (personal book) 	<ul style="list-style-type: none"> ✓ Go Noodle/Let's Dance ✓ Fitness Bingo ✓ 10 sided exercise dice ✓ Hoola hoops (a station in the room) ✓ Simon Says Game ✓ Desk Drumming ✓ Pool Noodle workout ✓ Alphabet Fitness ✓ Boks Fitness program ✓ Yoga exercises ✓ Hide and Seek in the classroom ✓ Sardines (reverse of Hide and Seek- 1 person hides and everyone else looks for the hidden person. When a person finds the hidden person, they quietly join them in their hiding spot) ✓ Musical Chairs ✓ Xs and Os (using students- put tape on floor and students play in teams by standing in the spots holding an X or O or some other object (could be themed objects (e.g. Halloween→ bats vs pumpkins ✓ Cup stacking – construction and destruction 	<ul style="list-style-type: none"> ✓ Mural drawing on banner paper ✓ Class Puzzle ✓ Building game ✓ THEME craft table ✓ Weaving project ✓ Robot making with recycled items ✓ Junior Pictionary ✓ LEGO Wall ✓ Class Treasure Hunt with pictures ✓ Scavenger Hunt ✓ Math Wall Challenges (ex. Post-It Number Match Activity) ✓ Melting Snowman (alternative version of Hangman)- draw a snowman on a white board/chalkboard. Every incorrect guess erases a body part. Game ends when they guess the word or when there is no snowman left.

Indoor Recess Activities – Cycle 1

Quiet Time Activities	Physical Activities	Community Project

Indoor Recess Schedule –Cycle 1

Monday	Tuesday	Wednesday	Thursday	Friday
Indoor Recess PERMITTED Activities				
Quiet Time Activities	Quiet Time Activities	Quiet Time Activities	Quiet Time Activities	Quiet Time Activities
<ul style="list-style-type: none"> ✓ Mandalas/coloring pages ✓ Play Doh ✓ Building games ✓ Cards, Uno ✓ Architek ✓ Craft Station ✓ Personal project 	<ul style="list-style-type: none"> ✓ Lacing pages ✓ Pattern making with beads ✓ Snakes and Ladders ✓ Connect 4 ✓ Sorting games ✓ Personal project 	<ul style="list-style-type: none"> ✓ Collage making ✓ K'Nex, Legos ✓ Junior Rush Hour ✓ Logix ✓ Art for Kids Hub –how-to-draw videos ✓ Personal project 	<ul style="list-style-type: none"> ✓ Search'n Find placemats ✓ Straws and Connectors ✓ Hoppers ✓ Numéro ✓ Mandalas/coloring pages ✓ Personal project 	<ul style="list-style-type: none"> ✓ Laminated mazes with dry-erase markers ✓ Building games ✓ Guess Who? ✓ Animalogic ✓ Personal project
Physical Activities	Physical Activities	Physical Activities	Physical Activities	Physical Activities
<ul style="list-style-type: none"> ✓ Go Noodle/Let's Dance ✓ Desk Drumming ✓ Sardines (reverse of Hide and Seek) 	<ul style="list-style-type: none"> ✓ Fitness Bingo ✓ Pool Noodle Workout ✓ Yoga Exercises 	<ul style="list-style-type: none"> ✓ 10-sided exercise dice ✓ Alphabet Fitness ✓ Desk drumming 	<ul style="list-style-type: none"> ✓ Hoola Hoops (station in room) ✓ Boks Fitness program ✓ Fitness Bingo 	<ul style="list-style-type: none"> ✓ Simon Says Game ✓ Yoga Exercises ✓ Sardines (reverse of Hide and Seek)
Community Project	Community Project	Community Project	Community Project	Community Project
<ul style="list-style-type: none"> ✓ Mural drawing on banner paper ✓ Robot making with recycled items ✓ Math Wall Challenge 	<ul style="list-style-type: none"> ✓ Class puzzle ✓ Junior Pictionary ✓ Class Treasure Hunt 	<ul style="list-style-type: none"> ✓ Building game ✓ LEGO Wall ✓ Class puzzle 	<ul style="list-style-type: none"> ✓ THEME craft table ✓ Class Treasure Hunt with pictures ✓ Math Wall Challenge 	<ul style="list-style-type: none"> ✓ Weaving project ✓ Scavenger Hunt ✓ Robot making with recycled items
----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty -----				

Indoor Recess Schedule –Cycle 1

Monday	Tuesday	Wednesday	Thursday	Friday
Indoor Recess PERMITTED Activities				
Quiet Time Activities	Quiet Time Activities	Quiet Time Activities	Quiet Time Activities	Quiet Time Activities
✓				
Physical Activities	Physical Activities	Physical Activities	Physical Activities	Physical Activities
✓				
Community Project	Community Project	Community Project	Community Project	Community Project
----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty -----				

Indoor Recess Activities – Cycle 2

Quiet Time Activities	Physical Activities	Community Project
<ul style="list-style-type: none"> ✓ Mandalas/coloring pages ✓ Collage making ✓ Search'n Find placements ✓ Play Doh ✓ Bracelet making with beads ✓ K'Nex, Lego, maze-building – making their own creations ✓ Rush Hour, Hoppers, Tip Over ✓ Cards, Uno, Go Fish ✓ Blockus (for 2, for 4) ✓ Battleship ✓ Checkers, Chess ✓ Spot it!, Dobble ✓ "Craft Station" – having different materials available, changing things up periodically to keep it interesting and inspiring ✓ Art for Kids Hub – can watch wide variety of how- to-draw videos, usually under 15 minutes in length ✓ Personal project: <ul style="list-style-type: none"> ✓ Yarn creation -corking, straw weaving, finger knitting ✓ Bracelet making (with elastics or thread) ✓ Fidget making ✓ Scrapbooking ✓ Sketching (personal book) 	<ul style="list-style-type: none"> ✓ Go Noodle/Let's Dance ✓ Fitness Bingo ✓ Minute to Win It Challenges ✓ 10 sided exercise dice ✓ Desk Drumming ✓ Pool Noodle workout ✓ Alphabet Fitness ✓ Boks Fitness program ✓ Yoga exercises ✓ "Create your own dance routine" ✓ Sardines (reverse of Hide and Seek- 1 person hides and everyone else looks for the hidden person. When a person finds the hidden person, they quietly join them in their hiding spot) ✓ Cup stacking – construction and destruction ✓ Fitness Monopoly 	<ul style="list-style-type: none"> ✓ Mural drawing on banner paper ✓ Class Puzzle ✓ Maze construction/simple wood projects ✓ THEME craft table ✓ JENGA, Suspend ✓ Scattergories ✓ Junior Pictionary ✓ Create a "Class Treasure Hunt" ✓ Scavenger Hunt ✓ Charades ✓ Creating and putting on puppet shows ✓ Melting Snowman (alternative version of Hangman)- draw a snowman on a white board/chalkboard. Every incorrect guess erases a body part. Game ends when they guess the word or when there is no snowman left.

Indoor Recess Activities – Cycle 2

Quiet Time Activities	Physical Activities	Community Project
<p>✓ <u>Personal Project:</u></p>		

Indoor Recess Schedule –Cycle 2

Monday	Tuesday	Wednesday	Thursday	Friday
Indoor Recess PERMITTED Activities				
Quiet Time Activities	Quiet Time Activities	Quiet Time Activities	Quiet Time Activities	Quiet Time Activities
<ul style="list-style-type: none"> ✓ Art for Kids Hub- how-to-draw short videos) ✓ Cards, Uno, Go Fish ✓ K'Nex, Lego, maze-building – make your own creation ✓ Search'n Find placemats ✓ Collage making ✓ Personal project 	<ul style="list-style-type: none"> ✓ Craft Station ✓ Blockus (for 2, for 4) ✓ Rush Hour Junior, Hoppers, Tip Over ✓ Bracelet making with beads ✓ Mandalas/coloring pages ✓ Personal project 	<ul style="list-style-type: none"> ✓ Spot It!, Dobble ✓ Cards, Uno, Go Fish ✓ K'Nex, Lego, maze-building – make your own creation ✓ Play Doh ✓ Collage making ✓ Personal project 	<ul style="list-style-type: none"> ✓ Checkers, Chess ✓ Rush Hour Junior, Hoppers, Tip Over ✓ Play Doh ✓ Mandalas/coloring pages ✓ Search'n Find placemats ✓ Personal project 	<ul style="list-style-type: none"> ✓ Battleship ✓ Blockus (for 2, for 4) ✓ K'Nex, Lego, maze-building – make your own creation ✓ Search'n Find placemats ✓ Mandalas/coloring pages ✓ Personal project
Physical Activities	Physical Activities	Physical Activities	Physical Activities	Physical Activities
<ul style="list-style-type: none"> ✓ Go Noodle/Let's Dance ✓ Pool Noodle Workout ✓ Sardines (reverse of Hide and Seek) 	<ul style="list-style-type: none"> ✓ Fitness Bingo ✓ Alphabet Fitness ✓ Minute to Win It Challenges 	<ul style="list-style-type: none"> ✓ Minute to Win It Challenges ✓ Boks Fitness Program ✓ Pool Noodle Workout 	<ul style="list-style-type: none"> ✓ 10-sided exercise dice ✓ Yoga exercises ✓ Boks Fitness Program 	<ul style="list-style-type: none"> ✓ Desk Drumming ✓ Create your own dance routine ✓ Minute to Win It Challenges
Community Project	Community Project	Community Project	Community Project	Community Project
<ul style="list-style-type: none"> ✓ Mural on banner paper ✓ Categories ✓ Maze construction/ simple wood projects 	<ul style="list-style-type: none"> ✓ Class puzzle ✓ Junior Pictionary ✓ JENGA, Suspend ✓ Creating and putting on puppet shows 	<ul style="list-style-type: none"> ✓ Maze construction/ simple wood projects ✓ Create a "class Treasure Hunt" ✓ THEME craft table 	<ul style="list-style-type: none"> ✓ THEME craft table ✓ Scavenger Hunt ✓ Categories ✓ Creating and putting on puppet shows 	<ul style="list-style-type: none"> ✓ JENGA, Suspend ✓ Charades ✓ Maze construction/ simple wood projects
----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty -----				

Indoor Recess Schedule –Cycle 2

Monday	Tuesday	Wednesday	Thursday	Friday
Indoor Recess PERMITTED Activities				
Quiet Time Activities	Quiet Time Activities	Quiet Time Activities	Quiet Time Activities	Quiet Time Activities
✓	✓			
Physical Activities	Physical Activities	Physical Activities	Physical Activities	Physical Activities
✓	✓			
Community Project	Community Project	Community Project	Community Project	Community Project
----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty -----				

Indoor Recess Activities – Cycle 3

Quiet Time Activities	Physical Activities	Community Project
<ul style="list-style-type: none"> ✓ Mandalas/coloring pages ✓ Origami (have patterns, paper and samples already made) ✓ Reading ✓ Listening to music ✓ Cards, Uno, YUM, Skip Bo ✓ Rush Hour, Tip Over ✓ Blockus (for 2, for 4) ✓ Tenzi (dice game, 77 ways to play) ✓ Battleship, Mastermind ✓ CLUE, LIFE, Sorry ✓ Checkers, Chess ✓ Spot it!, Dobble ✓ “Craft Station” – having different materials available, changing things up periodically to keep it interesting and inspiring ✓ Art for Kids Hub – can watch wide variety of how- to-draw videos, usually under 15 minutes in length ✓ Search’n Find books, placemats ✓ <u>Personal project:</u> <ul style="list-style-type: none"> ✓ Knitting, weaving, craft creations ✓ Fidget making ✓ Scrapbooking ✓ Sketching (personal book) 	<ul style="list-style-type: none"> ✓ Go Noodle/Let’s Dance ✓ Minute to Win It Challenges ✓ Desk Drumming – create their own routines ✓ Pool Noodle workout ✓ Alphabet Fitness ✓ Boks Fitness program ✓ Yoga exercises ✓ ”Create your own dance routine” ✓ Cup stacking – construction and destruction ✓ Foosball ✓ Twister ✓ 7-UP ✓ Basketball ✓ Mini golf, Mini Hockey ✓ Cup stacking ✓ Fitness Monopoly 	<ul style="list-style-type: none"> ✓ Team THEME mural on banner paper ✓ Class Puzzle ✓ THEME craft table ✓ Maze construction/simple wood projects ✓ Creating a class ‘Life-size JENGA’ with wood pieces and adding inspirational quotes to each piece ✓ Suspend ✓ Scattergories ✓ Pictionary ✓ Monopoly, Jumanji ✓ Head Bands ✓ Scrabble, Apple Scrabble, Bananagrams ✓ Create a “Class Treasure Hunt” ✓ Create a book (as a class or individually) ✓ Charades ✓ STEM challenges (ex. Tower Marshmallow Challenge, Catapult Challenge)

Indoor Recess Activities – Cycle 3

Quiet Time Activities	Physical Activities	Community Project
<p>✓ <u>Personal project:</u></p>		

Indoor Recess Schedule –Cycle 3

Monday	Tuesday	Wednesday	Thursday	Friday
Indoor Recess PERMITTED Activities				
Quiet Time Activities	Quiet Time Activities	Quiet Time Activities	Quiet Time Activities	Quiet Time Activities
<ul style="list-style-type: none"> ✓ Art Hub for Kids – How-to-draw videos ✓ Tenzi (dice game, 77 ways to play) ✓ Rush Hour, Hoppers, Tip Over ✓ Mandalas/coloring pages ✓ Personal project 	<ul style="list-style-type: none"> ✓ Spot It!, Dobble ✓ Blockus (for 2, for 4) ✓ Cards, Uno, YUM, Skip Bo ✓ Listening to music ✓ Origami ✓ Art Hub for Kids – How-to-draw videos ✓ Personal project 	<ul style="list-style-type: none"> ✓ Craft Station ✓ Tenzi (dice game, 77 ways to play) ✓ Rush Hour, Hoppers, Tip Over ✓ Reading ✓ Cards, Uno, YUM, Skip Bo ✓ Personal project 	<ul style="list-style-type: none"> ✓ Checkers, Chess ✓ Blockus (for 2, for 4) ✓ Cards, Uno, YUM, Skip Bo ✓ Origami ✓ Mandalas/coloring pages ✓ Rush Hour, Hoppers, Tip Over ✓ Personal project 	<ul style="list-style-type: none"> ✓ Battleship, Mastermind ✓ Tenzi (dice game, 77 ways to play) ✓ Cards, Uno, YUM, Skip Bo ✓ Art Hub for Kids – How-to-draw videos ✓ Rush Hour, Hoppers, Tip Over ✓ Personal project
Physical Activities	Physical Activities	Physical Activities	Physical Activities	Physical Activities
<ul style="list-style-type: none"> ✓ Go Noodle/Let's Dance ✓ Minute to Win It Challenges ✓ Create your own dance routine 	<ul style="list-style-type: none"> ✓ Desk Drumming – create your own routine ✓ Yoga exercises ✓ Create your own dance routine 	<ul style="list-style-type: none"> ✓ Pool Noodle workout ✓ Yoga exercises ✓ Minute to Win It Challenges 	<ul style="list-style-type: none"> ✓ Alphabet Fitness ✓ Minute to Win It Challenges ✓ Go Noodle/Let's Dance 	<ul style="list-style-type: none"> ✓ Boks Fitness program ✓ Yoga exercises ✓ Create your own dance routine
Community Project	Community Project	Community Project	Community Project	Community Project
<ul style="list-style-type: none"> ✓ Class puzzle ✓ TEAM THEME mural ✓ Scattegories ✓ Create a book – as a class or individually 	<ul style="list-style-type: none"> ✓ Maze construction/simple wood projects ✓ Suspend ✓ STEM challenges (ex. Tower Marshmallow Challenge, Catapult Challenge) 	<ul style="list-style-type: none"> ✓ Class puzzle ✓ Creating a class 'Life-size JENGA' with wood pieces and adding inspirational ✓ TEAM THEME mural 	<ul style="list-style-type: none"> ✓ Creating a class 'Life-size JENGA' with wood pieces and adding inspirational ✓ Pictionary ✓ STEM challenges (ex. Tower Marshmallow Challenge, Catapult Challenge) 	<ul style="list-style-type: none"> ✓ Maze construction/simple wood projects ✓ Create a class treasure hunt ✓ Scattegories ✓ Suspend
----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty -----				

Indoor Recess Schedule –Cycle 3

Monday	Tuesday	Wednesday	Thursday	Friday
Indoor Recess PERMITTED Activities				
Quiet Time Activities	Quiet Time Activities	Quiet Time Activities	Quiet Time Activities	Quiet Time Activities
✓	✓			
Physical Activities	Physical Activities	Physical Activities	Physical Activities	Physical Activities
✓				
Community Project	Community Project	Community Project	Community Project	Community Project
----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty ----- Adult on Duty -----				

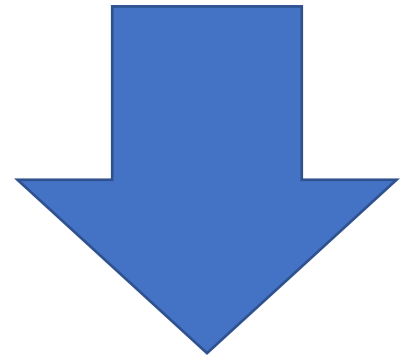
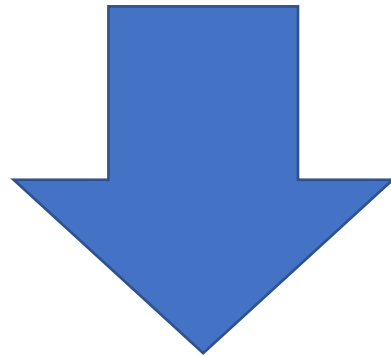
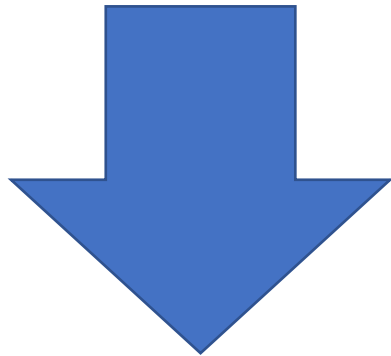
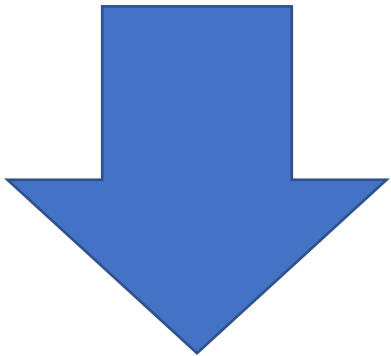
Indoor Recess Classroom Rules

1. Use the materials that are available today only.
2. Take out and return the materials with care – please ensure that all loose pieces are stored in their proper place.
3. Share materials/games with other students.
4. Stay within the area of your chosen activity.
5. If something gets damaged, please inform the adult on supervision.
6. Clean-up the area where you played or created.
7. Store unfinished creations in your personal bin or bag to continue at a later time.

Indoor Recess Classroom Rules

Create YOUR OWN set of Indoor Recess Classroom rules.....

**Indoor Recess
Activities
AVAILABLE
TODAY!!**








Joelle's experience & feedback:

INDOOR RECESS SCHEDULE

Joelle Beaubien C- 217



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Indoor Recess Permitted Activities</i>				
1:10-1:30	<p>Ms. Beaubien Duty Teacher Choice</p> <ul style="list-style-type: none"> *Stacking Cups *Board Games *Go Noodle *Playdoh *Crafts & Colouring *Paddle Birdie *Hacky Sacks * Squishy Ball <p>Hockey in Safe Zone (No outdoor balls allowed)</p> <ul style="list-style-type: none"> * Hands and Feet <p>Hopscotch</p> 	<p>Ms. Beaubien Duty Teacher Choice</p> <ul style="list-style-type: none"> *Stacking Cups *Board Games *Go Noodle *Playdoh *Crafts & Colouring *Paddle Birdie *Hacky Sacks * Squishy Ball <p>Hockey in Safe Zone (No outdoor balls allowed)</p> <ul style="list-style-type: none"> * Hands and Feet <p>Hopscotch</p> 	<p>Relaxation Recess Mme. Jocelyne Duty</p> <ul style="list-style-type: none"> *Colouring *Reading *Chess *Cards *Movie *Finger Weaving *How to Draw on Smart Board *Yoga 	<p>Relaxation Recess Ms. McRitchie Duty</p> <ul style="list-style-type: none"> *Colouring *Reading *Chess *Cards *Movie *Finger Weaving *How to Draw on Smart Board *Yoga 	<p>Ms. Beaubien Duty Teacher Choice</p> <ul style="list-style-type: none"> *Stacking Cups *Board Games *Go Noodle *Playdoh *Crafts & Colouring *Paddle Birdie *Hacky Sacks * Squishy Ball <p>Hockey in Safe Zone (No outdoor balls allowed)</p> <ul style="list-style-type: none"> * Hands and Feet <p>Hopscotch</p> 
Or	<p>Indoor Recess when Outdoor Recess cancelled due to weather</p>				

After a few months of implementation in your grade 3 group:

- Impact on group management
- Adjustments made along the way
 - Schedule
 - Availability of materials
- Communication with adults who supervise in your classroom
- Other 'nuggets' to share with teachers considering setting up a structure to their Indoor Recesses

Indoor Recess Set-up – Can also benefit “Free Play”

- Designed for “Inclement Weather” but can easily be beneficial for end of day or end of week “Free Play”
- Helps to make unstructured times which sometimes become chaotic more manageable and enjoyable
- Can be used for students who cannot go outside for different reasons



Additional Resources We've Gathered to Support You

Indoor Recess Scavenger Hunt

Hide these strips around the classroom for students to have indoor fun, be active, read, write, and do math while at it.

FREEBIE!

GRADE A LESSONS

SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

- | | | |
|---|---|---|
| Shake your whole body. | Hold your arms out at your side and make circles with them in the air. | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down. | Hop on your left foot 10 times. | Lay on the floor and stretch out as far you can for 10 a count of 10. |
| Spin around in circles. | Hop on your right foot 10 times. | Pretend to shoot a basketball 10 times. |
| Do a cartwheel. | Hop around like a bunny. | Pretend to jump rope for a count of 10. |
| Do a somersault. | Balance on your left foot for a count of 10. | Pretend to ride a horse. |
| Wave your arms above your head. | Balance on your right foot for a count of 10. | Pretend to milk a cow. |
| Walk like a bear on all 4s. | Hop like a frog. | Take 5 of the biggest steps forward that you can. |
| Walk like a crab. | Walk on your knees. | Pretend to lift a car. |
| Hop like a frog. | Bend down and touch your toes 10 times. | Do the strongest dance you can think of. |
| Walk on your knees. | Lay on your back & pedal your legs in the air like you are on a bike. | Show off the muscles in your arms. |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. | Reach behind you and try and hold your right foot with your left hand without falling over. | Scream. |



MINUTE to Win It!

©2011Tunstall*teachingtidbits

Minute to Win it

25 different games to play with your students!

Tonya's Treats for Teachers 2014

"Minute to Win It" posters and directions

Created by: Tara Coleman

180 Days & Counting

Start	10 Jumping Jacks	15 High Knees	10 Frog Jumps	10 Lunges	20s Butterfly	10s Leg Stretch (Both Legs)	Choose a CARDIO exercise of your choice and do it 15x/15 times
15 Sit Ups	20s Plank	25 Ski Jumps	30s Leg In Place	20s Sit & Reach	Choose a MUSCULAR exercise of your choice and do it 15x/15 times	20s Sit Ups	20s Sit Ups
20s Plank	25 Ski Jumps	30s Leg In Place	20s Sit & Reach	Choose a MUSCULAR exercise of your choice and do it 15x/15 times	20s Sit Ups	20s Plank	20s Plank
20s Sit & Reach	Choose a MUSCULAR exercise of your choice and do it 15x/15 times	20s Sit Ups	20s Plank	20s Plank	20s Plank	20s Plank	20s Plank
Choose a MUSCULAR exercise of your choice and do it 15x/15 times	20s Sit Ups	20s Plank	20s Plank	20s Plank	20s Plank	20s Plank	20s Plank

Fitness Monopoly Instructions

- Each student gets their own colored marker
- Decide who will go first
- The first person will roll the dice and move that many spaces clockwise
- Whichever exercise you land on, the whole group will perform it together
- It is now the next person's turn

*If you land on a special spot (anything without an exercise and picture) do as it explains.

Fitness Monopoly

Where do I find the templates and cards?

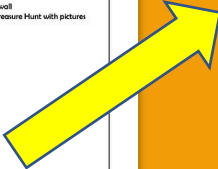
The screenshot shows a web browser window with the URL cebm.ca. The browser tabs include "Wix Dashboard | Wix.com", "Wix Website Editor", "Mail - Catherine Korah - Outlook", and "August Practices | cebm.ca". The website header features the CEBM logo and a row of nine diverse children with backpacks. The navigation menu includes "ABOUT US", "PROJECTS", "CORONAVIRUS", "RESOURCES", "ARTICLES", "LIBRARY", and "EVENTS", along with a Facebook icon. A yellow arrow points from the "RESOURCES" menu item to a dropdown menu containing "Indoor Recess", "August Practices", and "Pre-K & K Corner". The "Indoor Recess" link is highlighted in red. Below the navigation, the "Resources" section is titled "INDOOR RECESS" and contains two main content blocks. The first block is a video thumbnail titled "How can Indoor Recess be manageable and fun?" with a play button and the text "Click here to PLAY". The second block is a PDF document titled "Indoor Recess" with the subtitle "Setting Up For Success So EVERYONE can ENJOY IT!". The PDF content includes the date "Wednesday January 6, 2021", the presenter "Joelle Beaubien, Teacher at St. Johns Elementary, RSB", and behavior consultants "Martine Demers and Catherine Korah". It also lists additional collaborators: "Zarina Fernandes, Technician at Cedar Street School, RSB and Courtney Paul, SLP, RSB". The CEBM logo is visible at the bottom of the PDF content.

<https://www.cebm.ca/indoor-recess>

Where do I find the templates and cards?

Indoor Recess Activities - Kindergarten

Quiet Time Activities	Physical Activities	Community Project
<ul style="list-style-type: none"> ✓ Mandala/coloring pages ✓ Lacing pages ✓ Collage making ✓ Search'n Find placements (aminated, used with dry-erase markers) ✓ Search'n Find books ✓ Play Dough ✓ Pattern making with beads ✓ K'Nex, Legos, Straws and Connector (Building games) ✓ Letter games ✓ Magnets – shapes, letters, numbers ✓ Puzzles – individual or shared ✓ Number, letter, shape games ✓ Braided making with beads and pipe cleaners ✓ Archtels ✓ Building game (blocks, marbles & tunnels) ✓ Dot-to-dot activities 	<ul style="list-style-type: none"> ✓ Go Noodle/Let's Dance ✓ Fitness Bingo ✓ 10 sided exercise dice ✓ Hoops hoops (a station in the room) ✓ Simon Says Game ✓ Dads Drumming ✓ Pool Noodle workout ✓ Boles Fitness program ✓ Yoga exercises ✓ Sardines (reverse of Hide and Seek-1 person hides and everyone else looks for the hidden person. When a person finds the hidden person, they quietly join them in their hiding spot). ✓ Musical Chairs ✓ Xs and Os (using students- put tape on floor and students play in teams by standing in the spots holding an X or O or some other object (could be themed objects) (e.g. Halloween → bats vs pumpkins) ✓ Cup stacking – construction and destruction 	<ul style="list-style-type: none"> ✓ Mural drawing on banner paper ✓ Building game ✓ THEME craft table ✓ Puppets and Dress-up play – Acting out stories ✓ LEGO wall ✓ Class Treasure Hunt with pictures



DOWNLOADABLE DOCUMENTS:

- Indoor Recess Package - Kindergarten EN
- Indoor Recess Package - Kindergarten FR
- Activity cards - Kindergarten EN
- Activity Cards - Kindergarten FR

Indoor Recess Activities – Cycle 2

Quiet Time Activities	Physical Activities	Community Project
<ul style="list-style-type: none"> ✓ Mandala/coloring pages ✓ Collage making ✓ Search'n Find placements ✓ Play Dough ✓ Braided making with beads ✓ K'Nex, Legos, mazes-building – making their own creations ✓ Rush Hour, Hoppers, Tip Over ✓ Cards, Uno, Go Fish ✓ Blockers (for 2, for 4) ✓ Battleship ✓ Checkers, Chess ✓ Spot it, Double ✓ "Craft Station" – having different materials available, changing things up periodically to keep it interesting and inspiring ✓ Art for Kids Hub – can watch wide variety of how-to-draw videos, usually under 15 minutes in length ✓ Personal projects: <ul style="list-style-type: none"> ✓ Varn creation -coloring, straw weaving, finger knitting ✓ Braided making (with elastic or thread) ✓ Fidget making ✓ Scrapbooking ✓ Sketching (personal book) 	<ul style="list-style-type: none"> ✓ Go Noodle/Let's Dance ✓ Fitness Bingo ✓ Minute to Win It Challenges ✓ 10 sided exercise dice ✓ Dads Drumming ✓ Pool Noodle workout ✓ Alphabet Fitness ✓ Boles Fitness program ✓ Yoga exercises ✓ "Create your own dance routine" ✓ Sardines (reverse of Hide and Seek-1 person hides and everyone else looks for the hidden person. When a person finds the hidden person, they quietly join them in their hiding spot) ✓ Cup stacking – construction and destruction ✓ Fitness Monopoly 	<ul style="list-style-type: none"> ✓ Mural drawing on banner paper ✓ Class Puzzle ✓ Maze construction/simple wood projects ✓ THEME craft table ✓ JENGA, Suspend ✓ Scattergories ✓ Junior Dictionary ✓ Create a "Class Treasure Hunt" ✓ Scavenger Hunt ✓ Charades ✓ Creating and putting on puppet shows ✓ Making Snowman (alternative version of Hangman)- draw a snowman on a white board/chalkboard. Every incorrect guess erases a body part. Game ends when they guess the word or when there is no snowman left.

DOWNLOADABLE DOCUMENTS:

- Indoor Recess Package - Cycle 2 EN
- Indoor Recess Package - Cycle FR
- Activity cards - Cycle 2 EN
- Activity Cards - Cycle 2 FR

Indoor Recess Activities – Cycle 1

Quiet Time Activities	Physical Activities	Community Project
<ul style="list-style-type: none"> ✓ Mandala/coloring pages ✓ Lacing pages ✓ Collage making ✓ Search'n Find placements ✓ Laminated maze with dry-erase markers ✓ Play Dough ✓ Pattern making with beads ✓ K'Nex, Legos, Straws and Connector (Building games) ✓ Junior Rush Hour ✓ Hoppers ✓ Guess Who? ✓ Cards, Uno ✓ Connect 4 ✓ Logic, Numbers, Antimologic, Archtels ✓ Sorting games ✓ "Craft Station" – having different materials available, changing things up periodically to keep it interesting and inspiring ✓ Art for Kids Hub – can watch wide variety of how-to-draw videos, usually under 15 minutes in length ✓ Post Office set-up (writing notes, letters, etc.) ✓ Personal projects: <ul style="list-style-type: none"> ✓ Varn creation -coloring, straw weaving, finger knitting ✓ Fidget making ✓ Sketching (personal book) 	<ul style="list-style-type: none"> ✓ Go Noodle/Let's Dance ✓ Fitness Bingo ✓ 10 sided exercise dice ✓ Hoops hoops (a station in the room) ✓ Simon Says Game ✓ Dads Drumming ✓ Pool Noodle workout ✓ Alphabet Fitness ✓ Boles Fitness program ✓ Yoga exercises ✓ Hide and Seek in the classroom ✓ Sardines (reverse of Hide and Seek-1 person hides and everyone else looks for the hidden person. When a person finds the hidden person, they quietly join them in their hiding spot) ✓ Musical Chairs ✓ Xs and Os (using students- put tape on floor and students play in teams by standing in the spots holding an X or O or some other object (could be themed objects) (e.g. Halloween → bats vs pumpkins) ✓ Cup stacking – construction and destruction 	<ul style="list-style-type: none"> ✓ Mural drawing on banner paper ✓ Class Puzzle ✓ Building game ✓ THEME craft table ✓ Weaving project ✓ Rabbit making with recycled items ✓ Junior Dictionary ✓ LEGO wall ✓ Class Treasure Hunt with pictures ✓ Scavenger Hunt ✓ Moth Wall Challenge (ex. Post-It Number Match Activity) ✓ Melting Snowman (alternative version of Hangman)- draw a snowman on a white board/chalkboard. Every incorrect guess erases a body part. Game ends when they guess the word or when there is no snowman left.

DOWNLOADABLE DOCUMENTS:

- Indoor Recess Package - Cycle 1 EN
- Indoor Recess Package - Cycle 1 FR
- Activity cards - Cycle 1 EN
- Activity Cards - Cycle 1 FR

Indoor Recess Activities – Cycle 3

Quiet Time Activities	Physical Activities	Community Project
<ul style="list-style-type: none"> ✓ Mandala/coloring pages ✓ Origami (love patterns, paper and samples already made) ✓ Reading ✓ Listening to music ✓ Cards, Uno, K'Nex, Slip Bo ✓ Rush Hour, Tip Over ✓ Blockers (for 2, for 4) ✓ Tent (like game, 73 ways to play) ✓ Battleships, Mastermind ✓ CLUE, LIFE, Sorry ✓ Checkers, Chess ✓ Spot it, Double ✓ "Craft Station" – having different materials available, changing things up periodically to keep it interesting and inspiring ✓ Art for Kids Hub – can watch wide variety of how-to-draw videos, usually under 15 minutes in length ✓ Search'n Find books, placemats ✓ Personal projects: <ul style="list-style-type: none"> ✓ Knitting, weaving, craft creation ✓ Fidget making ✓ Scrapbooking ✓ Sketching (personal book) 	<ul style="list-style-type: none"> ✓ Go Noodle/Let's Dance ✓ Minute to Win It Challenges ✓ Dads Drumming – create their own routines ✓ Pool Noodle workout ✓ Alphabet Fitness ✓ Boles Fitness program ✓ Yoga exercises ✓ "Create your own dance routine" ✓ Cup stacking – construction and destruction ✓ Football ✓ 7 LUP ✓ Basketball ✓ Mini golf, Mini Hockey ✓ Fitness Monopoly 	<ul style="list-style-type: none"> ✓ Team THEME mural on banner paper ✓ Class Puzzle ✓ THEME craft table ✓ Maze construction/simple wood projects ✓ Creating a class "life-size JENGA" with wood pieces and adding inspirational quotes to each piece ✓ Suspend ✓ Scattergories ✓ Dictionary ✓ Monopoly, Jumanji ✓ Head Bands ✓ Scrabble, Apple Scrabble, Bananagrams ✓ Create a "Class Treasure Hunt" ✓ Create a book (as a class or individually) ✓ Charades ✓ STEM challenge (ex. Tower Marshmallow Challenge, Catapult Challenge)

DOWNLOADABLE DOCUMENTS:

- Indoor Recess Package - Cycle 3 EN
- Indoor Recess Package - Cycle 3 FR
- Activity cards - Cycle 3 EN
- Activity Cards - Cycle 3 FR

Time for your questions & troubleshooting

How can Indoor Recess be manageable and fun?

There's so much to do

I'd just like to make it disappear....! Can I?

There must be some ways to simplify this...

Can someone please help with this?!



- We hope to have inspired you
- To have helped find 'a way through' that you can make your own with Indoor Recesses
- To have provided you with tools to help ease the task;
 - All templates are available for you by cycle (K, 1, 2 and 3)
 - All templates are available in English and in French
 - All templates can be personalized with your ideas and preferences
- All of these resources are downloadable and can be shared with your colleagues

Joelle, Catherine and Martine