

HF 3402 - Recess for All!

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Recess should not be withheld from kids as a form of punishment:

- We know that recess is an essential part of a child's day and children need the opportunity to reset their bodies and their minds.
- Recess provides an essential opportunity to develop social skills in less structured environments.
- Studies demonstrate students are more attentive and better able to perform school tasks following recess.
- We are concerned that recess detentions, like most forms of discipline, are disproportionately used on children with disabilities, children from communities of color, and especially children with intersecting identities.
- When a child is not meeting adult expectations, it is usually because they lack skills rather than willful disobedience. Our response should focus on teaching those kids the skills instead of punitive measures.

Supporting organizations:

