



"Children are already growing up in a world without sufficient communication access. We are raising kids who are on screens all day long, and school should be a time where kids are taken outside. Being in nature is a right not a privilege and it not something that can be withheld."

**"If anything, children should be getting more recess. Unstructured play time is critical to child development. Acting out in class is often the result of children being forced to sit still and quiet for too long a period of time. More opportunities for children to move their bodies will help them stay focused and listening during critical times. "**

"One reason some children can't concentrate is that they aren't getting enough activity breaks during the day. Taking away their one approved time to move and run and play is detrimental to their mental, social, and physical health."

**Taking away recess doesn't improve behaviors. In fact it may make them worse.**



**Quotes from  
Minnesota  
Parents  
and  
Teachers**

"Recess is just as important to a child's learning as reading, writing, or arithmetic. Taking recess away is counterproductive."

**"It is important for children to have recess as an outlet and regulating tool as well as for social interactions with peers. It benefits nobody to take away recess as a punishment."**

**"Children \*need\* recess. They need time to get up and move around. Studies show that recess helps kids focus better in school. Taking away recess will not help problems but may make them worse."**

"My child was often punished for manifestations of his disability, such as being too slow at completing work, being impulsive and talking too much or fidgeting too much or having difficulty initiating tasks and knowing what he was supposed to do, so some teachers would punish him by taking away his recess. But a kid who has so much energy and has trouble focusing and sitting still needs more breaks, not less. "