

Indoor Recess

Resource Package- Kindergarten

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

- **Decide which materials are permitted** during Indoor Recess
 - Build a ‘List of Indoor Recess Activities’ that are permitted in your room – separate these into three categories: Quiet Time Activities, Physical Activities and Community Projects
 - Prepare a Menu of Activities based on the five days of the week and the three categories of activities.
 - Map out “what” will be available “when.” Be ready to make changes periodically to maintain interest and motivation.
- **Remove or put away** items that are not permitted – “out of sight, out of mind.”
- **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?
 - 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** where the Indoor Recess materials are kept
 - Label the area, baskets, specific area where these games and materials are to be returned to.
 - Name what is to be done for ‘projects under construction’ – picking up, storing in a ‘secure’ location, etc.

Setting the Stage for Success with Indoor Recess

- On the day of “Indoor Recess” – Put your “Plan” into ACTION!!
 - **Prior to recess:**
 - Review schedule – identify the day and name which materials are available
 - Determine ‘who’ will go ‘where’ based on the system chosen with your group
 - Review Indoor Recess Rules
 - Review Clean-up Process at the end of Indoor Recess
 - Remind adult on supervision of the structure, routine and clean-up procedures in your room
 - **During recess:**
 - Adult supervision, guiding, coaching to ensure that a good time is had by all
 - Five minutes prior to the end of recess – cue for 5 remaining minutes. Start of clean-up.
 - Coach and prime good clean-up.
 - 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.
 - **Following recess:**
 - Classroom teacher – Have a short discussion with the group – how did they find this set-up, pros/cons, suggestions for improvement.
 - If deemed necessary - make adjustments in the selection of activities available (if problems arose or students were not interested in the specific activity) seek their input and suggestions. Determine if their suggestions are feasible for your classroom.

The goal of having a schedule, is that there is 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.

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 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
<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) 	<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 	<ul style="list-style-type: none"> ✓ Mandalas/Coloring pages ✓ Pattern making with meads (Bracelet making with beads and pipe cleaners) ✓ Architek ✓ Collage making 	<ul style="list-style-type: none"> ✓ Lacing Activities ✓ Search'n Find placemats with dry erase markers ✓ Legos ✓ Magnets-Letters, shapes, numbers ✓ Building games 	<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	Physical Activities	Physical Activities	Physical Activities	Physical Activities
<ul style="list-style-type: none"> ✓ Fitness BINGO ✓ BOKS Fitness Program ✓ Yoga exercises 	<ul style="list-style-type: none"> ✓ GoNoodle/Let's Dance ✓ Simon Says Game ✓ Pool Noodle Workout 	<ul style="list-style-type: none"> ✓ Desk Drumming ✓ 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). 	<ul style="list-style-type: none"> ✓ Hoola hoops ✓ 10 sided exercise dice ✓ Pool Noodle Workout 	<ul style="list-style-type: none"> ✓ Sardines ✓ Desk Drumming ✓ BOKS Fitness Program
Community Project	Community Project	Community Project	Community Project	Community Project
<ul style="list-style-type: none"> ✓ Mural drawing on banner paper ✓ Puppetry/Dress-Up play – Acting out stories ✓ Building game 	<ul style="list-style-type: none"> ✓ Theme Craft Table ✓ Building game ✓ Puzzle (large group puzzle) 	<ul style="list-style-type: none"> ✓ Mural drawing on banner paper ✓ LEGO Wall ✓ Theme Craft Table 	<ul style="list-style-type: none"> ✓ Puppetry/Dress-Up play – Acting out stories ✓ Class Treasure Hunt with pictures ✓ LEGO Wall 	<ul style="list-style-type: none"> ✓ Puzzle (large group puzzle) ✓ Theme Craft Table ✓ LEGO Wall
----- Adult on Duty -----				

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 -----				

INDOOR RECESS ACTIVITIES

Quiet Time Activities



Blokus



Card games



Battleship



Craft Station

Physical Activities



Fitness Bingo



Desk Drumming



Cup Stacking



Minute to Win It

Community Projects



Lego Wall



Jenga



Math Challenge Games



Community Puzzle

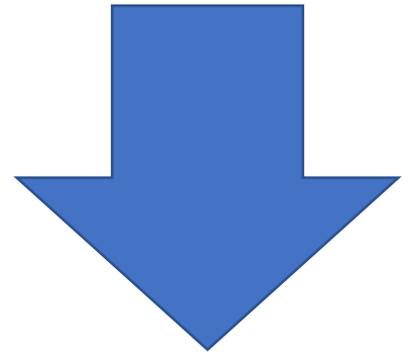
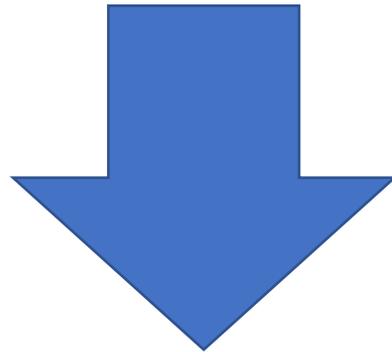
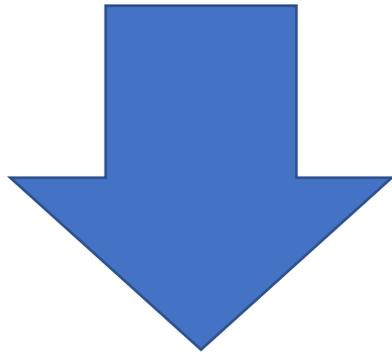
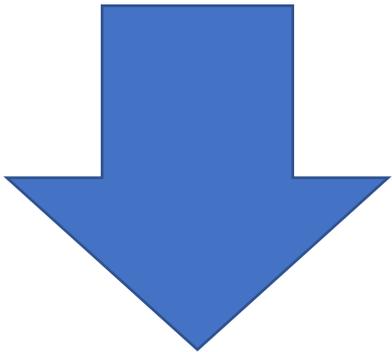
Indoor Recess Classroom Rules

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!!**



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



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

Templates to create your Activity Selection Board

NOTE:

1. The templates are prepared in various font sizes for your convenience. Please choose the sizes which fit best with your bulletin board area or display format.
2. Color rectangles are to identify the number of 'places' available in each category.
3. White rectangles are for 'name plates' which can be laminated for extended use.
4. For groups that students are organized by a number, you will also find a template with numbers that can be printed.
5. These 'student identifiers' can be affixed with Velcro, FunTak or Magnets (if the Activity Selection for Indoor Recess is set-up on a magnetic surface).

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

SELECTION

INDOOR RECESS

**ACTIVITY
SELECTION**

**QUIET
ACTIVITY
PHYSICAL
ACTIVITY**

**QUIET
ACTIVITY**

**PHYSICAL
ACTIVITY**

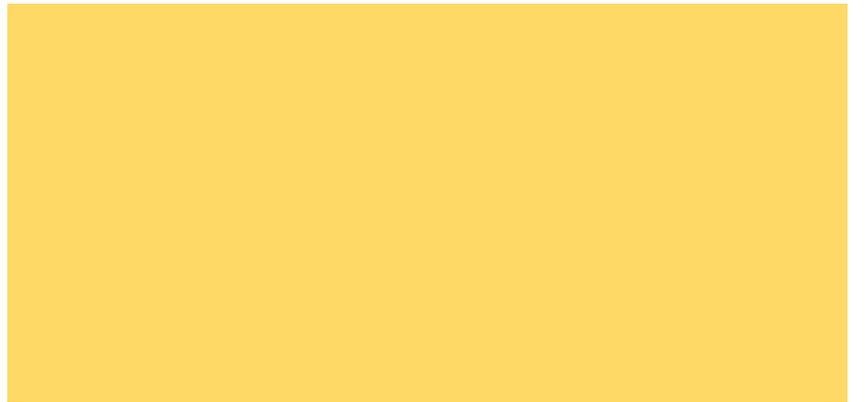
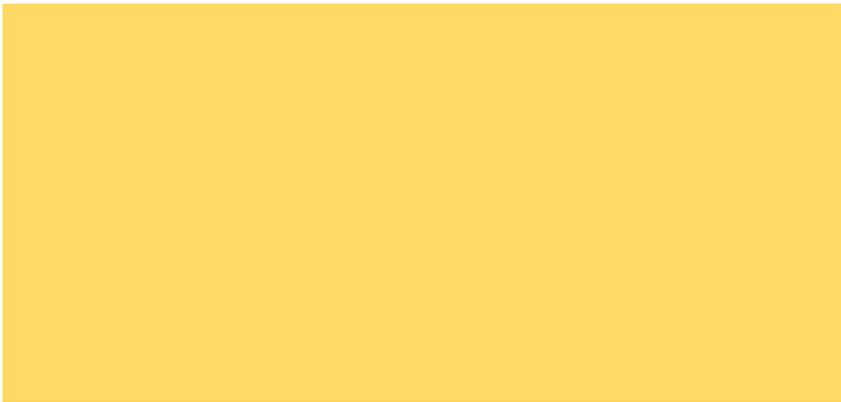
**COMMUNITY
PROJECT**

**COMMUNITY
PROJECT**

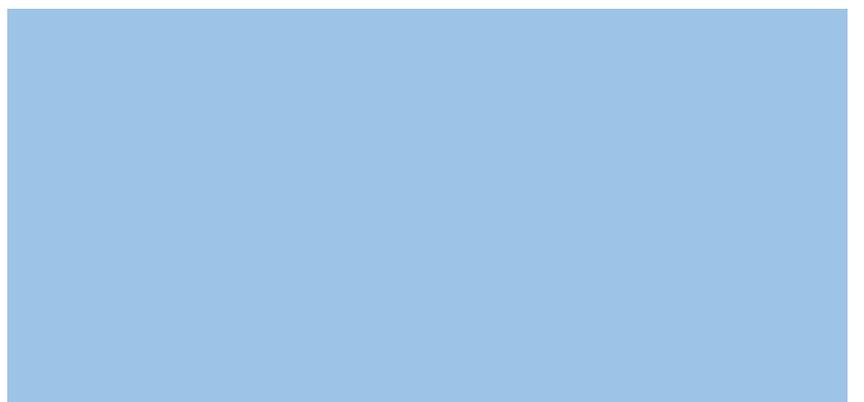
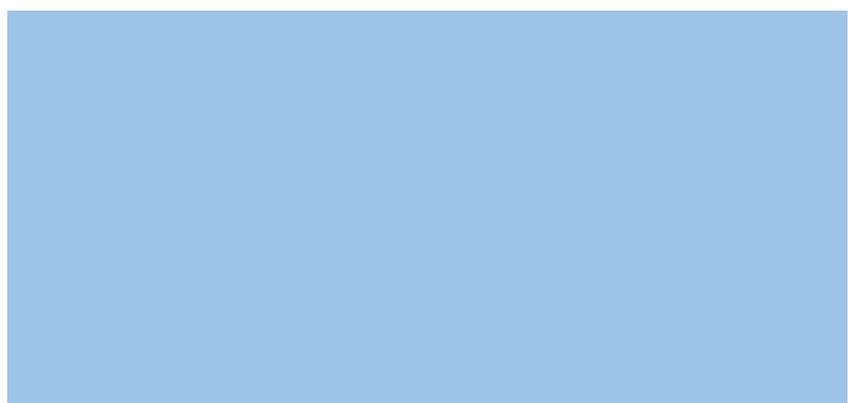
QUIET ACTIVITY

PHYSICAL ACTIVITY

COMMUNITY PROJECT







Type in name here

Type in name here		

1	6	11	16	21	26
2	7	12	17	22	27
3	8	13	18	23	28
4	9	14	19	24	29
5	10	15	20	25	30