As an educator and a parent, I know that recess matters. Unstructured outdoor play allows children to expend excess energy. Nothing is stupider than an adult who takes away recess when children behave badly. Children should be given regular recess and then there would be fewer behavior problems. Sitting still, being quiet, and paying attention to someone else's ideas is hard work. Children need chances to move and be loud and pay attention to their own ideas.

Adults do better with chances to move and be loud and "play" during their work day. And yet many adults deny children recess.

It's common sense to give young children regular recess, in a variety of seasons and weather conditions. In my preschool program children get 45-60 minutes of outside play on most days. When extreme temperatures or heavy rain keeps us inside we provide a variety of activities that let children use their big muscles indoors.

But all children, not just preschoolers, benefit from a chance to breathe outside air and see the sky. They will actually learn more and learn more easily if recess is provided.

Sincerely,

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