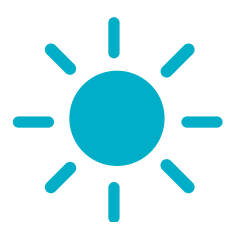


# National Position Statement on Recess



Recess plays a critical role in shaping positive social relationships, overall health, academic performance, and long-term health trajectories for children and youth. It provides a necessary daily outlet for physical activity that is fundamentally essential for children's physical development. Equally important, recess provides routine peer-to-peer interaction, the cumulative effects of which can influence positively—or negatively—the way children relate to each other, the kinds of individuals they will become, and the kind of society they will create. We recommend that recess be prioritized in policy and provincial/territorial legislation that:



## **Acknowledge the Right to Rest and Play**

acknowledges the right of every child to benefit by rest and play;



## **Create Meaningful and Inclusive Play**

applies the use of universal design principles to create spaces for meaningful, inclusive play, relaxation, and positive social interaction; and,



## **Encourage developing life-long social skills**

provides opportunities for children and youth to learn and apply life-long skills that support healthy social behaviour free from physical and emotional harm.



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