

## House Resolution 1268

By: Representatives Douglas of the 78<sup>th</sup>, Mabra of the 63<sup>rd</sup>, Hugley of the 136<sup>th</sup>, Wilkerson of the 38<sup>th</sup>, Evans of the 42<sup>nd</sup>, and others

## A RESOLUTION

- 1 Recognizing the need for more recess time; and for other purposes.
- 2 WHEREAS, some DeKalb and Fulton County Schools have shortened recess to 15 minutes  
3 per day to make more time for test preparation; and
- 4 WHEREAS, the American Academy of Pediatrics cites 47 research articles that recommend  
5 60 minutes of active unstructured play daily, explaining that children who get regular recess  
6 are healthier, better able to focus, and develop the social and emotional skills necessary to  
7 be engaged learners; and
- 8 WHEREAS, research also shows that children learn better following a break for physical  
9 activity, and during recess, children develop social and problem-solving skills that cannot be  
10 taught in the classroom, resulting in academic success; and
- 11 WHEREAS, children from Finland, who are provided with 15 minutes of recess for every  
12 hour children are in the classroom, have some of the highest scores on international  
13 standardized tests, much higher than the children in the United States; and
- 14 WHEREAS, recently, when an elementary school in Texas, based on the Finnish curriculum,  
15 increased recess to 60 minutes a day with four 15 minute breaks for children to go outside  
16 and play, teachers found that halfway through the year, they were far ahead of the academic  
17 schedule, also noticing that the children were more attentive, made better eye contact, and  
18 learned concepts more quickly; and
- 19 WHEREAS, young children learn through movement, and a child who has an unmet need  
20 to move cannot learn any better than a child who is hungry or sleep deprived; and

21 WHEREAS, recess is not an unnecessary break from needed instructional time, but, rather,  
22 it provides children with the skills and physical foundation their brains need to learn  
23 effectively; and

24 WHEREAS, in many families throughout metro Atlanta, children do not have a safe place  
25 to play outside of school due to traffic, unsafe streets, or criminal activity, and some argue  
26 that socioeconomically disadvantaged children have the greatest need for more test  
27 preparation; and

28 WHEREAS, by depriving our children of recess, we are not improving test scores; we are  
29 only creating healthier children and impeding learning.

30 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES that  
31 the members of this body recognize the need for more recess time.

32 BE IT FURTHER RECOGNIZED that the Clerk of the House of Representatives is  
33 authorized and directed to make appropriate copies of this resolution available to the public  
34 and the press.