

## 30 MIN RECESS IN SCHOOLS SB 339 DOUG SHANE

ATTENTION DEFICIT HYPERACTIVITY DISORDER

KIDS GET BORED, RESTLESS AND ARE UNABLE TO PAY ATTENTION IN CLASS AND MAY BECOME UNRULY DETRACTING OTHERS, BECOMING A CLASS CLOWN OR STARTING FIGHTS OR FALLING ASLEEP

THE SCHOOLS SOLUTION IS TO SEND THEM TO DOCTORS TO MEDICATE AND THIS MAKES KIDS DRUG DEPENDENT ZOMBIES AND THEN WE WONDER WHY WE HAVE SO MANY PEOPLE ADDICTED TO PRESCRIBED DRUGS AND STREET DRUGS AS ADULTS

RECESS HAS PHYSICAL, COGNITIVE, SOCIAL, AND EMOTIONAL BENEFITS

RECESS PROMOTES PHYSICAL ACTIVITY WHICH IS KEY TO DEVELOPING HEALTHY ACTIVE BRAINS. REGULAR EXERCISE INCREASES BLOOD FLOW TO THE BRAIN STIMULATING NERVE CELL GROWTH IN THE HIPPOCAMPUS, THE CENTER OF LEARNING AND MEMORY THEREFORE INCREASING THEIR ABILITY TO PAY ATTENTION AND LEARN IN THE CLASSROOM.

ENGAGING IN REGULAR PHYSICAL ACTIVITY ALLOWS STUDENTS TO DEVELOP STRONGER BODIES AND MAINTAIN GOOD HEALTH. SOME KEY BENEFITS INCLUDE IMPROVED CARDIOVASCULAR HEALTH STRENGTHENING THE HEART AND LUNGS PROMOTING BETTER BLOOD CIRCULATION AND REDUCING THE RISK OF CHILDHOOD OBESITY AND OTHER RELATED CONDITIONS.

ACTIVITIES LIKE RUNNING, JUMPING, AND PLAYING SPORTS HELP BUILD MUSCLE MASS AND IMPROVE BONE DENSITY SETTING THE FOUNDATION FOR HEALTHY ADULTS.

EXERCISE ENHANCES BALANCE, COORDINATION AND AGILITY ESSENTIAL FOR MOTOR SKILLS CHILDREN USE IN EVERYDAY ACTIVITIES.

REGULAR PHYSICAL ACTIVITY CAN REDUCE STRESS AND ANXIETY PLAYING AND EXERCISING ALLOW CHILDREN TO RELEASE BUILT UP ENERGY

PHYSICAL ACTIVITY TRIGGERS THE RELEASE OF ENDORPHINS,

NATURES FEEL GOOD CHEMICALS IMPROVING CHILDREN'S MOODS AND EMOTIONAL WELL BEING.'

STUDENTS LEARN COMMUNICATION SKILLS WHICH IS THE FOUNDATION OF GOOD RELATIONSHIPS WHICH INCLUDE TAKING TURNS, BEING ASSERTIVE, APOLOGIZING, GOOD EYE CONTACT, APPROPRIATE TONE OF VOICE, AND BODY LANGUAGE, LISTENING SKILLS, HOW TO RESOLVE CONFLICTS AND BUILD TRUSTING RELATIONSHIPS WITH OTHERS

IMPROVED FOCUS AND CONCENTRATION

BETTER ATTENTION SPAN AND PERFORM BETTER ACADEMICALLY

IMPROVED MEMORY RETENTION AND LEARNING ABILITIES

GOOD MANNERS

SETTING BOUNDARIES

BEING TOLERANT AND ACCEPTING OF OTHERS

MAKING FRIENDS FINDING OTHERS WHO HAVE SIMILAR INTERESTS