



# AIR-B NEWSLETTER

## August 2023



### AIR-B NETWORK

- ★ **OUR WEBSITE!** To learn more about AIR-B projects, visit us at: [www.airbnetwork.org](http://www.airbnetwork.org)
- ★ **QUARTERLY NEWSLETTER!** If you would like to subscribe, please email [cogarcia@mednet.ucla.edu](mailto:cogarcia@mednet.ucla.edu). Digital copies will be available on our AIR-B website!



**WE ARE A TEAM OF RESEARCHERS COLLABORATING WITH COMMUNITIES TO IMPROVE THE LIVES OF INDIVIDUALS WITH AUTISM THROUGHOUT THEIR LIFESPAN, EMPHASIZING INCLUSION FOR THOSE TRADITIONALLY MARGINALIZED AND MINORITIZED.**



### MAKING RECESS MORE INCLUSIVE

Recess and lunchtime are the most unstructured and child-directed periods of the school day. This is where kids learn to play with peers and develop flexibility. Successful recess periods can improve cognitive, emotional, physical and social development for all.

Autistic children often encounter obstacles when trying to interact with their peers during recess because they struggle with social interactions and establishing meaningful connections. Because of this, the AIR-B team created Remaking Recess in the early 2000s.



“[...] Success at recess is all students are engaged in some type of healthy activity. And it’s just not ignoring those kids that are alone. It’s seeking them out, making sure, checking in. I really just think it is teaching the adults to just pay attention and then depending on what you find out, take action or don’t.”

——— Teacher; 2021-2022 Participating School



Remaking Recess is an evidence-based intervention, with an emphasis on including students with autism interacting with their peers.

★ **Goal 1: Increase successful engagement among peers**

★ **Goal 2: Promote a supportive play environment and create inclusive opportunities**

★ **Goal 3: Promote positive relationships between students and educators**



Remaking Recess is delivered by school educators that are on the recess ground. It's a combination of strategies, environmental support, and structures that support children and educator's interaction.



"When we started this project, I organized games and invited the students to play. Currently, the students have taken over and they are organizing and encouraging [each other]. This is far more successful than I had hoped for. It's so wonderful to see the students carrying on without my facilitating."

——— *Teacher; 2021-2022 Participating School*

It also uses "Train the Trainer", which allows school educators who have been practicing and implementing Remaking Recess to train their fellow school educators on how to implement Remaking Recess.

**REMAKING  
RECESS**

Adding structure and tools for recess to create opportunities for play for ALL students.

## RESOURCES

NEW manual available:

[www.airbnetwork.org/downloads/#remaking\\_recess](http://www.airbnetwork.org/downloads/#remaking_recess)



OR check out the Website for additional info (videos, extra tools, and the updated manual!), <http://www.remakingrecess.org/>





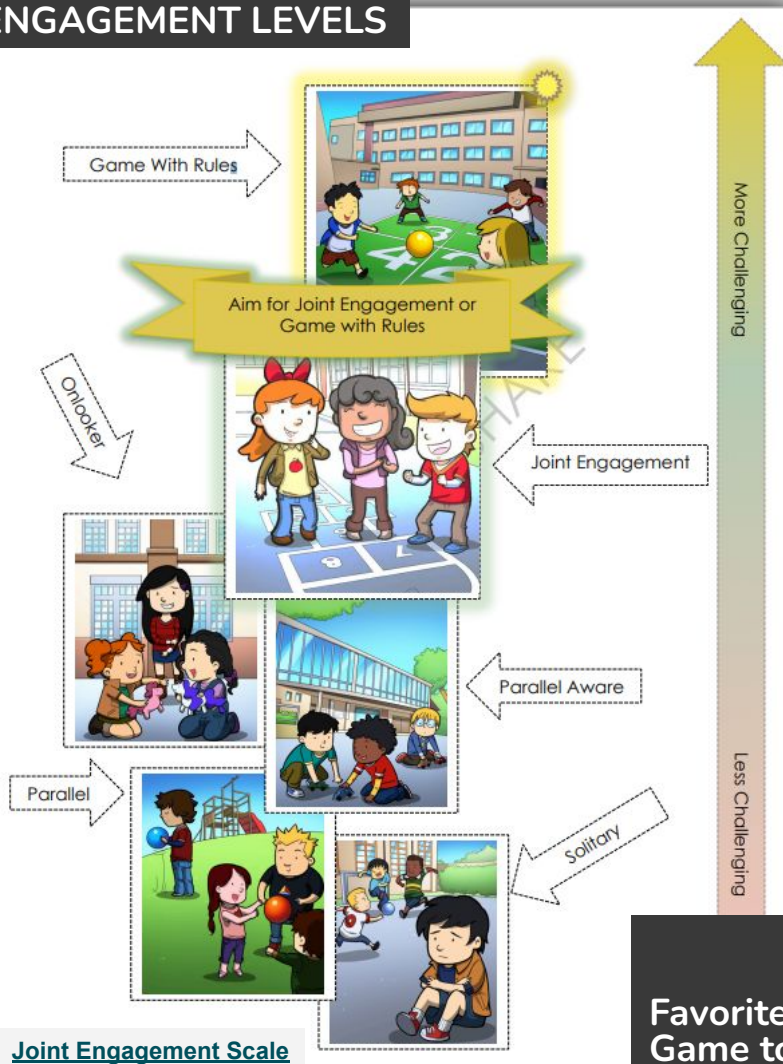
# Here's 5 Tips if You're Thinking About Remaking Recess!

- 1 Look at students engagement and seek out students less engaged.
- 2 Find a champion in your school who will take a lead in getting students more engaged.
- 3 Establish clear expectations to support transitions, activities and interaction.
- 4 Learn student interest and introduce/facilitate games and activities for all.
- 5 Plan ways to get peer models involved!

Hint: For more tips, make sure to check out the "Resources" sidebar on page 1!



## ENGAGEMENT LEVELS



## Additional Activities Table of Contents

How To Use: Game Guides and Boosting Engagement

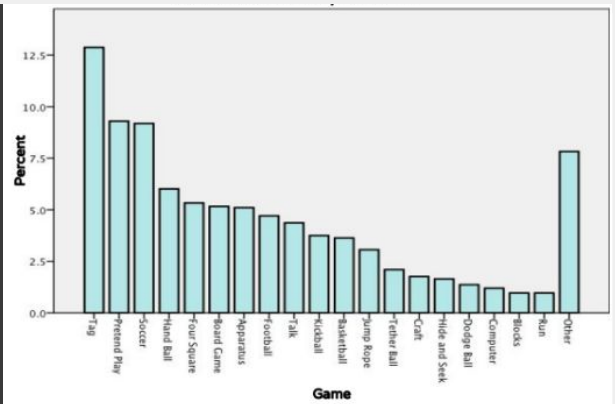
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More than 60 game tipsheets!  
(p. 74 in the Remaking Recess Manual)

## Favorite Game to Play at School

(p. 50 in the Remaking Recess Manual)



Remaking Recess training has also been administered over Zoom, with great success!



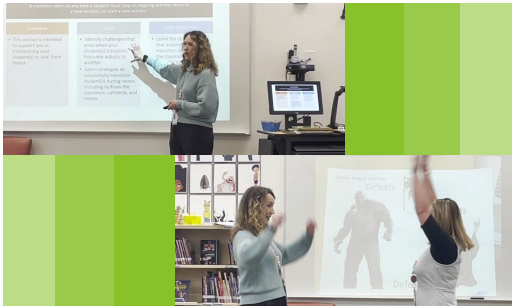
# REMAKING RECESS IN ACTION

Remaking Recess  
Train the trainer is  
currently  
implemented  
across the US 

12 schools



## FOLLOWING UP: A SCHOOL SUCCESS STORY




### STAFF-WIDE REMAKING RECESS TRAINING:

Teachers finished their Train the Trainer sessions and taught Remaking Recess to all the staff during staff meetings this year. They used a group learning format and practiced Remaking Recess techniques together through fun games and skill-building activities during the training sessions.

“All the staff have been so engaged in Remaking Recess training. They are always asking about when the next training will be or when they will be learning a new recess game.”

— School Educator

### INTEGRATING REMAKING RECESS INTO SCHOOL CULTURE:

At the school, group recess is now organized and facilitated, helping children participate and have fun together. The Remaking Recess Manual was placed in each pod area, providing tailored games and tips for each grade level. All staff received comprehensive Remaking Recess training, making it a school-wide expectation to implement Remaking Recess with students. Additionally, students now pre-learn recess games during PE classes to feel more confident during playtime. These efforts have fostered a more positive and inclusive school community 

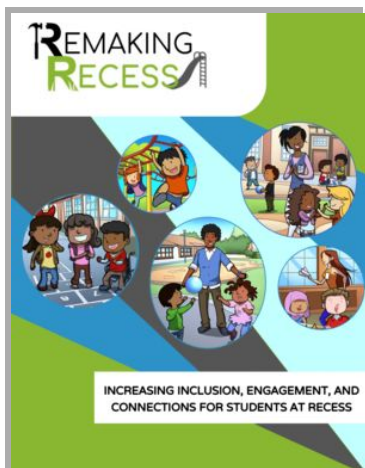


“Student invited me to play catch with him then another student close by asked if they could join. We started a game and then a few more students asked to join. I faded out when appropriate and supervised the game/play area. The target student and other students continued to play on their own.”

— School Staff; Another Participating School



# Additional Resources

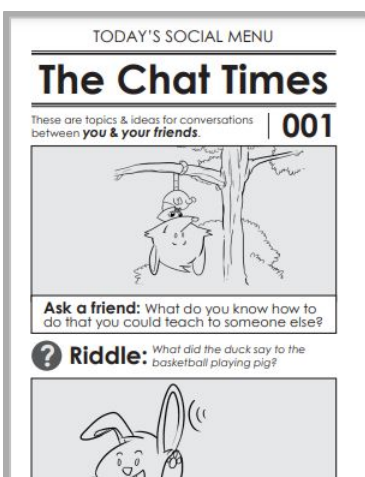


## REMAKING RECESS MANUAL (Direct Link):

Go to: [tinyurl.com/RR2manual](https://tinyurl.com/RR2manual)

Or use your camera app on the QR code →

*Updated guide covering implementation of Remaking Recess, including Strategies, Tools, and Games Tip Sheets...*



## THE CHAT TIMES (Direct Link):

Go to: [tinyurl.com/RR1Chats](https://tinyurl.com/RR1Chats)

Or use your camera app on the QR code →

*5 issues of the newspaper themed social menus to help children engage each other in conversation.*



## UPCOMING / CURRENT EVENTS

- Now recruiting for Remaking Recess at all states:



This is our last year of data collection! You are invited to be part of the last cohort and contribute to revolutionizing recess.

If you're part of a school and interested in joining, contact us via email at:

**[remakingrecess.contact@gmail.com](mailto:remakingrecess.contact@gmail.com)**



- Next newsletter will cover SDLMI (Self Determined Learning Model of Instruction), an intervention which helps students in creating individual goals and planning for those goals.

