

# recessitate™

Instant Tools to Refresh Your Class



**recessitate™** is an international sensation that is reshaping the way teachers and students work, learn and play together.



Engage diverse learners

Increase student focus

Build rapport

Reduce stress

Foster self-awareness

Manage behavior  
in a preventive and  
positive way



The premier  
product of



# What is recessitate™?

**recessitate™** activities are inspired by experts in moving and learning, neuroscience, occupational therapy and mindfulness. **recessitate™** is:

- Brain-compatible teaching that meets content standards for physical education, health and social-emotional learning.
- A playful way to engage learners and create positive classroom environments.
- A box set of 24 playful color-coded cards, with activities specifically designed to refresh, refocus and recharge the entire class or individual students within minutes.



“When the class is noisy, the teacher uses it to help us quiet down.”

- Emily, age 6

“Recessitate is a fun way to give the kids a little break and refocus them for our next activity.”

- Angelique, Kindergarten Teacher

## Why use recessitate™?

**recessitate™** is a fast and efficient way to get students in the frame for learning, all contained within one small box-set of cards. Each glossy and durable card has five to twelve bulleted prompts on one side, and a picture of the character, ING on the other.

At the start of the day, or after lunch, students may be sluggish. The teacher or students can pick **purple wake-up cards** with between one to five minutes activities designed to get blood flowing to the brain.

Students coming back into the classroom after recess may be full of energy. Pick a **blue calm down card**, follow the prompts and in five minutes students' minds and bodies are relaxed!

Just before a test, or the introduction to a new concept, select an **orange gear up card**. After following for one to five minutes of stretching, crossing the midline (middle of the body), brains are activated for thinking.

All ages like the character, ING – it is a deliberately abstract figure, both race and gender neutral – and is playful, curious and whimsical. ING doesn't require children to think, just do!

**recessitate™** really is as easy as determine a need, pick a card, follow along, and watch the class transform.

## recessitate™ has many benefits

- Builds relationships and creates a sense of classroom community
- Teaches students self-awareness and self-regulation
- Helps meet requirements for daily physical activity minutes
- Incorporates both physical education, health and social-emotional standards in an easy way
- Infuses healthy life skill practices within the classroom
- Provides a set of life-long strategies students can use to shift and improve energy
- Creates mental breaks from intensive brainwork and acts as a stress management tool

# The need for **recessitate™** now!

There are a number of forces driving the need for **recessitate™**.

Today's students live very full lives with busy schedules. Some students are sedentary with limited nutritional food choices, which have contributed to childhood obesity. Some students are lock-step in 'doing' school with little awareness of what brings them joy.

Teachers are under terrific pressures to support their students' academic achievement, with a large amount of content to teach in a short amount of time. When well-intentioned teachers conduct work periods for longer than 10-20 minutes, students lose focus and their ability to problem-solve.

**recessitate™** activities create the 'brain space' to process information in-between and after intensive brainwork. It is the perfect curriculum companion to support common core standards. **recessitate™** also playfully manages behavior by allowing children to move, fidget or wiggle in a positive and productive way.

Children pick and lead activities, which provide choice and opportunities to practice leadership skills.



## **recessitate™**

- Keeps learning joyful
- Encourages movement and exercise
- Includes novelty and humor
- Maintains a friendly and inviting climate
- Provides challenging activities
- Relieves stress and tension
- Provides down time opportunities
- Stimulates smiles
- Provides opportunities for students to enjoy activities together
- Communicates to students, "I see you."

*Adapted from brain compatible learning expert, Martha Kaudfelt's Begin with the Brain, 2010*

## Who is **recessitate™** for?

**recessitate™** formalizes familiar processes that use movement and quiet moments to focus students in early childhood, primary, secondary, special, home and adult education – a toolkit to add to teachers' repertoire of brain compatible learning and Response to Intervention resources for ADD, ADHD, Sensory Processing Disorder, etc.

Users do not need to attend a workshop in order to use or spend hours reading a manual to understand it. It is not a curriculum.

Children enjoy **recessitate™** because they get to move and feel better in their bodies. Teenagers and adults apply **recessitate™** tools in their personal life outside of school to gear up, to focus or calm down to sleep.

*"Recessitate is a valuable tool to help students focus where I need it to be - on me."*

*– Nikki D, 5th Grade Teacher*

## Other **recessitate™** ideas

Can't go outside? Rainy? Snowy? 24 color-coded cards easily add up to over 60 minutes of recess!

Substitute saver - helps manage any group whose teacher is absent!

**recessitate™** is the perfect gift to show appreciation for your favorite teachers.

Parent Teacher Organizations purchase for their teachers to support them in creating positive learning environments for their students.

Homework helper - parents use to make homework more productive and create additional quality time for their family.

## How to use **recessitate**

- 'Read the room' to determine what color card is needed.
- Pick a card at the beginning of a lesson, during transitions, or before, during or after intensive brainwork.
- Allow choice by showcasing several cards for students to choose from.
- Individualize cards by placing them on students' desks.
- Assign a group of students to individual cards.
- Leave cards where students will find them after returning from an activity.
- Have students select and lead a card activity.
- Use preventatively throughout the day before 'symptoms' occur.
- Share how **recessitate** is working for you at [www.facebook.com/recessitate](http://www.facebook.com/recessitate)



Blue Calm Down Card activities relax our minds and bodies.

Orange Gear Up Card activities stretch our bodies, cross the midline and help us focus.



Purple Wake Up Card activities get the blood flowing to our brains and bodies.

Contact us at [www.recessitate.com](http://www.recessitate.com) for the most current information on purchase orders, wholesale and individual prices.