

# PASS BILL SB 3717: THE RIGHT TO PLAY EVERY DAY

## 60 MINUTES OF DAILY PLAY FOR K-8TH GRADES

### WHAT DOES THIS BILL DO?

- Schools must provide one hour of unstructured, self-directed, screen-free play time for grades K-8 every day. Time can be broken into play periods of at least 15 minutes at the schools' discretion.
- Children cannot be excluded from play time as punishment.
- Physical education class cannot be substituted for play time and vice versa.
- Schools determine when and where to hold play time. Outdoor play is strongly encouraged.
- Play is integral to the educational experience; play time counts for purposes of instructional day length.

**"a virtually no-cost, low-tech intervention that can sharply boost children's learning and healthy development"**

--Sahlberg and Doyle. *Let the Children Play* (2019)

### RESEARCH SHOWS BENEFITS OF PLAY:

#### SOCIAL-EMOTIONAL

Play develops social skills--teaching children how to organize, cooperate, resolve conflict, share and lead. Play provides the freedom to choose what to do and who to interact with not found at other times during school. Play can mitigate anxiety, depression and stress. Regular breaks from structured instructional time improve behavior.



#### COGNITIVE

Play gives children the freedom to be creative and explore. Breaks for play increase attention and on-task behavior and decrease fidgeting during academic time without a decrease in academic performance. Benefits of play time are even greater for children diagnosed with hyperactivity.



#### PHYSICAL

Children are most physically active during free play, even compared to physical education classes. Children are more active after school on days with recess and movement in school. Physical activity has mental and physical health benefits.



### WHY DO WE NEED THIS BILL?

- Districts aren't allocating sufficient time to play. **Time for recess and play has dropped drastically** in last 30 years as federal government rolled out high-stakes, test-based accountability; and schools with state laws requiring recess are significantly more likely to have 20+ minutes of recess. (7 US states now have laws requiring recess time.)
- Outside of school, many children have few opportunities for free play. And **poor and low-income children and children of color** are less likely to have time for play at school and **more likely to have play time withheld as punishment**.
- Play is a major part of the school day in around the world: Turkey, Finland, Uganda, Singapore, Japan and the UK. 196 countries **recognized play time as a human right** by ratifying the Convention of the Rights of the Child.
- In the US, large-scale pilots adding an hour of play time per day in Texas, Oklahoma and Long Island have seen **increased academic performance** and fewer behavior problems.
- Play can help **dismantle the school-to-prison pipeline** driven by inappropriately punitive responses to minor misbehavior.

