

Create a

DEDICATED **ACTIVITY ROOM**

The concept of an activity room has been successfully implemented in schools as a way to reward good behavior and incorporate physical activity into the school day.

Follow the steps below to create your own activity room.

1. Work with your administrator to identify a room that can be used as the activity room. The space can be fairly small, but should be big enough to accommodate a few students at a time.
2. Apply for external funds to stock the room with games and activities that promote physical activity (consider making an appeal to the PTO). You may also want to put a request out to families for any good quality, used equipment or games they have to donate (**NOTE:** we suggest providing a list of exactly what you are looking for). Examples may include Twister, yoga cards, jump ropes, yoga balls, rowing machines, treadmills, Dance Dance Revolution, Wii Fit, a rock climbing wall, etc. Set-up physical activity stations and directions around the room using the games and activities you have acquired.
3. Make the activity room a part of the school environment. Allow faculty and staff to give students a 'coupon' for 10 minutes in the activity room as a reward for good behavior. Make the room available during free periods, before and after school, and maybe even hold class in the room using physical activity to teach your content for a day.

twister • jump ropes • yoga balls • yoga cards • tents •
scarves • bean bags • hula hoops • floor spots • tunnels

Activity room in action:

PE teacher Robin O'Connor successfully created an activity room for Mast Landing School in Freeport, Maine. Working closely with administration and other teachers, Robin identified a room, determined the rules, and implemented a school-wide reward system. Any teacher can sign-up to bring their class to the room, and faculty and staff can award 'coupons' for use of the room to students for positive behavior. All school members have the opportunity to reward a student. The School Nutrition Department used to give cupcakes to students on their birthdays. Now, they give a coupon to the activity room! Even the custodial staff and ground keepers are able to give out the coupons. The room creates school-wide unity and excitement.



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