



**Outside time for GSRP doesn't "look like" recess in elementary grades.  
This can cause questions and confusion!  
Outdoor "Recess" at an elementary school might be cancelled and yet,  
GSRP children may still venture out!**

Outside time is a required part of the curriculum for preschool-  
It is truly "different" than recess.

Teaching staff not only monitor children for safety at this time,  
they are continuing to support the learning of children -  
social skills, motor development, language develop and concept development  
are happening, supported and documented during this time!

1 small example...

Large muscle movements that happen during outside play help develop the entire upper body  
(mid section, shoulders and upper arms)  
and are critical muscles to develop handwriting skills!

Outside time is a part of our curriculum  
and staff ratios stay the same, 1 adult to 8 children,  
so that the monitoring and interaction with children is maintained.

This allows for careful attention to how the children are experiencing the cold, and adjustments  
to the length of outside time are made when it is very cold or very hot.

Teachers and children may venture out for as little as 5 minutes when it is very cold for an  
opportunity to get fresh air and MOVE those big muscles.

#### **Monitoring Guidelines**

1. Ensuring that children are dressed properly- we keep "backup" items for children who might have forgotten snow pants / warmer winter coats / mittens at home!
2. Engage children in play - the time is spent purposefully.
3. Monitoring children to make decisions about the length of outside time, specific to the group at the time they are outside.

#### **Temperature Parameters**

- 20 degrees and higher, classes will go outside for a minimum time of 30 minutes.
- 10-20 degrees, classes will go out for 10-30 minutes, see monitoring guidelines.
- 10 degrees or colder is at the teachers' discretion - close monitoring of children is required and will be a significantly shortened time.