



RECESS Tracker Forms for February & March



HOW TO PLAY

When it's time to take a break:

Choose one activity from any RECESS category:

bit.ly/recesshome



SCAN ME

Do the activity!

Write the category on your RECESS Tracker

Repeat steps 1 and 2 at the next break. Do this 4 times a week for the Tracker, but more if you can!

Turn in your Tracker at the end of the month.

Two ways to submit:

Mail your Tracker to us at:

RECESS Program
Safe Routes to School
c/o Abra McNair
1120 SW 5th Ave, Ste 1331
Portland, OR 97204

OR:

Submit your information online with a short form:

bit.ly/recesstracker



SCAN ME



FEBRUARY 2021				RECESS Tracker	
Week 1 31 - 6	Week 2 7 - 13	Week 3 14 - 20	Week 4 21 - 27	Name:	
Energy boost				Mailing Address:	
				Zip Code:	
				School:	
				Grade: 6 7 8 9	

Choose 1 prize for February:



Safety Light Set

OR



Bonus entry into February raffle

Send me in at the end of February!
Raffle winners drawn March 12, 2021.

MARCH 2021				RECESS Tracker	
Week 1 28 - 6	Week 2 7 - 13	Week 3 14 - 20	Week 4 21 - 27	Name:	
Energy boost				Mailing Address:	
				Zip Code:	
				School:	
				Grade: 6 7 8 9	

Choose 1 prize for March:



Reflective Fun Pack

OR

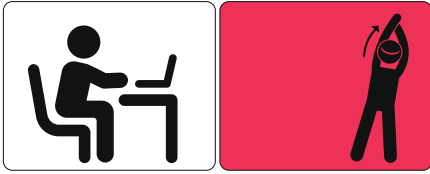


Bonus entry into March raffle

Send me in at the end of March!
Raffle winners drawn April 16, 2021.

Playing RECESS is easy!

1 Take breaks during the school day



2 Track your activities each month



3 Feel good. Win prizes!



RECESS activities focus on 6 areas that benefit your body and mind while learning from home.

Refresh



Reduce stress, relax, and give your mind a break. These activities help lower blood pressure, heart rate, and sharpen your focus for the next round of classes.

Energy boost



Aim for 60 minutes of movement each day! PE, playing sports, dancing, biking, or going for a walk are all good ways to keep your heart and lungs healthy, circulate blood flow, and get a good night's sleep.

City explorer



Traveling to school or even out of the country doesn't happen much right now. Stretch your brain and learn about getting around -- everywhere!

Extra-curricular



Doing nice things for others causes our brain to release endorphins, which can reduce stress, relieve pain, and basically make you feel pretty good. Everyone wins!

Strength



You don't need weights or special skills to build muscle, bone strength, and prevent injuries. Strength training also boosts confidence and mental health.

Stretching



Beyond flexibility, stretching moves oxygen and blood through your body, calms your mind, and reduces stress. It's a quick way to reset when you feel tired.

Para ver esta información en español, visite: [RecessTimePDX.org](https://www.recesstimedpx.org)

Để đọc thông tin này bằng Tiếng Việt, hãy truy cập [RecessTimePDX.org](https://www.recesstimedpx.org)

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