

NAME: .....

DATE: .....



## BACK TO SCHOOL: RECESS 101 ACTIVITY GUIDE

LISTEN:

<https://tinkercast.com/podcasts/witw-back-to-school-recess-101/>

### COOK: OHHH-MAZING OVERNIGHT OATS

In the [Back-to-School: Recess 101](#) episode we learned how important recess is for success at school. Another recipe for success is starting your day off with a super healthy breakfast. These overnight oats are scientifically proven to boost your brain, enhance your memory and improve your concentration throughout the day. Plus they're deeeelish!

Prep time: 5 mins

Total time: 5 mins

Serves: 1 Wowzer

Ingredients:

- ½ cup oats
- ½ banana (mashed)
- ¼ teaspoon vanilla
- dash of cinnamon
- small pinch of salt
- teaspoon maple syrup
- ½ cup milk of choice (almond, coconut, soy or cow's)

Directions:

1. Combine oats, banana, vanilla, cinnamon, salt and syrup in jar.
2. Pour milk of choice over the oat mixture.
3. Close jar tightly and shake until thoroughly combined.
4. Refrigerate overnight.
5. Stir in additional milk to loosen, if desired.
6. Serve hot or cold garnished with chopped walnuts or blueberries if desired.
7. Dig in!

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**ADVOCATE: MAY I HAVE MORE RECESS PLEASE?!?!**

In the Back-to-School: Recess 101 episode we learned that not only is recess a whole lot of fun; it's also crucial for [healthy](#) kids. Want some more of it? Get in line, Wowzers, who doesn't?!?!

Or better yet, arm yourself with the facts, Jack! Go back to the episode and listen carefully as Guy Raz breaks down all of the ways doctors have shown recess benefits for kids. After filling out the organizer below, use these arguments to write a letter to your teacher or school administrators and make the case for why you should have more recess. Good luck!!!

Recess helps kids

Recess helps kids

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### PLAY: INDOOR RECESS SCAVENGER HUNT

In the Back-to-School: Recess 101 episode we learned all about the importance of recess. But what's a Wowzer to do if it's raining or too cold to go outside? This indoor scavenger hunt will keep you moving inside!

Search around your house or classroom to find the following items.  
Don't forget to check them off as you find them!

stapler	pencil sharpener	magnet	3 books
clock	box of tissues	trash can	tape
eraser	paper	telephone	markers
paperclips	colored pencils	backpack	pencil