

## **Discipline Alternatives**

Taking away recess time has been used to discipline misbehaving children for decades. However, recess is an important break from intense classroom instruction, adds to daily physical activity and has a significant role in social development. Revoking recess may do more harm than good.

**Here are some effective alternatives to withholding recess when disciplinary actions are necessary:**

1. Have student write a letter of apology to the person who has been wronged.
2. Have student write a letter to parents/family explaining why their behavior was inappropriate and stating what the student will do to change their behavior.
3. Have student do make-up homework during a free choice time.
4. Have student sit away from the rest of the class and have them “earn” their way back into the group.
5. Have student work with teacher to develop a plan for behavior change tied to incremental privileges.
6. Create a behavior chart with the student that identifies a target behavior and agreed upon reinforcements and rewards for chronic behavior issues.