THE LIINK PROJECT: IMPROVING THE WHOLE CHILD THROUGH UNSTRUCTURED PLAY AND CHARACTER

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LIINK Project Creator/Director
Our mission is to bridge the gap between academics and social, emotional, and healthy well-being. The LiiNK Project® aims to develop the whole child through increased recess and character development.
LiiNK Implementation

Teacher & Admin. Training

Character Development (Positive Action)

Recess
HOW LIINK WORKS –
WHOLE CHILD/WHOLE PERSON

• **Training**
  - **Mindset Shift**
  - **Behavior Change**
  - **Setting up Breaks**
  - **Covering Material – What Should it Look Like?**
  - **Thinking through Transitions**
  - **Administrators Need it Also**

• **Implementation**
  - **Training has to take place before**
  - **What does this look like?**
  - **Brainstorm for your Schools**
  - **Rollout Schedule**
  - **Playground Ideas (indoors & outdoors)**
PLAY
UNSTRUCTURED
OUTSIDE
PLAY TRAINING

• **Structured vs Unstructured Play**
  • **How do we define “play”**
  • **What does unstructured mean?**
• **Indoor vs Outdoor Environments**
• **Transitions between class and play**
• **Weather conditions**
TYPES OF PLAY = LEARNING

MANIPULATIVE

MAKE BELIEVE

PHYSICAL

CREATIVE
CHARACTER DEVELOPMENT

- CULTURAL ENVIRONMENTAL INFLUENCES
- SOCIAL SITUATION-CONTEXT INFLUENCES
- INTRAPERSONAL INFLUENCES
POSITIVE ACTION PROGRAM
CONTENT & TOOLS

CONTENT

Unit 1
Philosophy and Circle

Unit 2
Physical and Intellectual

Unit 3
Social and Emotional Self-management

Unit 4
Social and Emotional Social-competence

Unit 5
Social and Emotional Self-honesty

Unit 6
Social and Emotional Self-improvement

TOOLS

Family Programs
- Family Kit
- Family Classes Kit
- Parenting Classes Kit

Classroom Curriculum
- PreK–12 Instructor's Kit
- Elementary Bullying Prevention Supplement Kit
- 5th Grade Drug Education Supplement Kit
- Middle School Drug Education Supplement Kit

Community Program
- Community Kit
- Counselor's Kit
- Conflict Resolution Kit
- Family Kit
- Media Kit

Climate Program
- Elementary Climate Kit
- Secondary Climate Kit

Counselor's Program
- Counselor's Kit
- Conflict Resolution Kit
Positive/Good/Right are values
Positive actions = positive character

Negative/Bad/Wrong are values
Negative actions = negative character

Our values represent our character.
We do what we value.
TRADITIONAL SCHOOLS VS LIINK SCHOOLS

**TRADITIONAL SCHOOLS**

- **Two – 45-60 minute content lessons** prior to moving
- **One recess daily (if that)**
- **Physical Education 2-3 times weekly**
- **Character development philosophy**
- **Sedentary, distracted, unfocused children/adolescents by the afternoon**

**LIINK PROJECT SCHOOLS**

- **Teacher & Administrator Training**
- **One - 45-60 minute content lesson then unstructured outdoor break**
- **Four 15 minute breaks daily**
- **Four character development lessons weekly**
- **Active learning**
- **Active, focused, disciplined kids**
SAMPLE SCHEDULE WITH RECESSES

- School starts 8:00
- Positive Action 8:05-8:20
- Content 8:20-8:50
- Recess 1: 8:50-9:05
- Content (9:05-10:00)
- Recess 2: 10:00-10:15
- Content (10:15-11:00)
- Lunch (11:00-11:30)
- Physical Education/Fitness (11:30-12:20)
- Content (12:20-1:10)
- Recess 3: 1:10-1:25
- Content (1:25-2:00)
- Recess 4: 2:00-2:15
- Content (2:15-3:00)
- School out: 3:00
RESULTS

- **Physical**
- **Behavioral**
- **Attending**
- **Social/Emotional**
- **Cognitive**
# Behavioral: Off-Task

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COGNITIVE

- **Math scores – Intervention 2-3% improvement over comparison**
- **Reading scores – Intervention 2-7% improvement over comparison**
TEACHER’S FINDINGS: SOCIAL/EMOTIONAL

• BEGINNING THE YEAR
• FALLING ASLEEP IN CLASS
• TRANSITIONS
• EMOTIONS (GRADE K CRYING, LAUGHTER, STRESS, PENCILS, CONFIDENCE) VIDEOS
• PHYSICAL SKILLS
• FOCUS AFTER RECESS
• CONTENT CHANGES (HANDWRITING, MATH, MANIPULATIVES – GEOMETRIC SHAPES, CREATIVE WRITING) –
• CREATIVITY/PROBLEM SOLVING SKILLS:
  • 3 GIRLS WITH COKE CAN
  • HOOPS AND TENNIS BALLS
Play is often talked about as if it were a relief from serious learning, but for children play is serious learning.

Fred Rogers