

# Activity Room



The concept of an activity room has been successfully implemented in schools around the state as a way to reward good behavior and incorporate physical activity into the school day. Follow the steps below to create your own activity room for your after school program.

1. Work with your director to identify a room that can be used as the activity room.
  - The space can be fairly small, but should be big enough to accommodate a small group.
2. Set up physical activity stations and directions around the room.
3. Apply for external funds (maybe your Healthy Maine Partnerships [www.healthymainepartnerships.org](http://www.healthymainepartnerships.org)? Other grant opportunities?) to stock the room with games and activities that promote physical activity. Consider: Twister, jump ropes, yoga balls, rowing machines, treadmills, Dance Dance Revolution, a rock climbing wall, etc.
4. Make the activity room a part of the after school environment. Allow staff to give youth a 'coupon' for 10 minutes in the activity room as a reward for good behavior.

## Activity room in action:

PE teacher, Robin O'Connor, successfully created an activity room for Mast Landing School in Freeport, Maine. Working closely with administration and other teachers, Robin identified a room, determined the rules, and implemented a school-wide reward system. Any teacher can sign up to bring their class to the room, and faculty and staff can offer 'coupons' for the room to students exhibiting positive behavior. All school members have the opportunity to reward a student. The School Nutrition Department used to give cupcakes to students on their birthdays. Now, they give a coupon to the activity room! Even the custodial staff and ground keepers are able to give out the coupons. The room creates school-wide unity and excitement.

