

Playworks is eager to announce our Play at Home series to support kids' healthy movement and play while students are home. **Starting today, anyone can join Playworks for [Live Virtual Recess](#) Monday - Friday at 12pm, 2pm and 4pm EST.**

Playworks has for over 24 years focused on bringing games and activities to schools, while creating a safe and healthy recess for students. We are now, more than ever, committed to responding to the need for continued healthy activities at home through several resources we are offering for free:

- [Play at Home Webpage](#): A library of videos and other resources featuring games and activities families can play at home. Each meeting the CDC requirements of social distancing and limited equipment. All available free on the [Play at Home Webpage](#)
- [Play at Home Playbook](#): This game guide has a variety of games and activities families can do in their own home, with little to no equipment necessary.
- [Live Virtual Recess](#): A Playworks Coach leading a morning warm-up, a midday game, and an afternoon cooldown each day. Anyone can tune into [Facebook Live](#) Monday-Friday at 12pm, 2pm, and 4pm EST and play along. [See](#) a sample on [YouTube](#).

| Monday - Friday Daily schedule |                             |
|--------------------------------|-----------------------------|
| Time                           | Activity                    |
| 12:00PM                        | Morning Stretches & Warm Up |
| 2:00PM                         | Recess Game                 |
| 4:00PM                         | Afternoon Cooldown & Cheer  |

You are welcome to link this content in your own communications. We hope these tools will help the families in your community maintain a healthy balance of academics and physical activity over the coming week.