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## **Innovative Peaceable Playground Program Reduces Negative Behavior**

Beverly, MA (October 1, 2004) – Aggression, bullying and other negative playground behavior contribute to poor academic achievement, stress, and social/emotional difficulties. Research shows that when non-competitive games replace unstructured and competitive playground activities, children perform better in school.

Project Adventure, Inc., ([www.pa.org](http://www.pa.org)) a Beverly, Massachusetts non-profit since 1971 specializing in adventure-based education, developed the Peaceable Playground Program for elementary schools. Project Adventure programs and trainings have effectively impacted schools nationwide for over thirty years.

This program was developed to address student's needs and adults concerns about aggressive play at recess. It was first implemented in a suburban New England community where the principal, as well as many parents, were concerned with behavior exhibited on the playground during recess. Bullying, teasing, physically aggressive games, pushing and shoving had become commonplace. Teachers reported negative behaviors being carried from the playground into the classroom.

After implementing the program, a parent volunteer said, "by all accounts, the fourth graders have surpassed everyone's expectations. Our children have quickly learned to share leadership with each other, to welcome shy first graders into the games, and in the kindest way, to turn a few children often labeled as misbehaving into enthusiastic game participants. The first graders love the program and we are thrilled by its ability to bring kindness and inclusiveness so immediately to the recess environment."

Project Adventure's activities are designed to touch the head and heart of children. Non-competitive, fun and engaging group activities foster the development of effective social relationships using group dynamics as a tool for understanding and relating to others from different cultures, backgrounds and socio-economic differences.

Schools that are interested in a Peaceable Playground program can contact Beth Fritz at Project Adventure, Inc. at 978-524-4619 or [bfritz@pa.org](mailto:bfritz@pa.org).

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