

RECESS^{AT} WORK

Recess At Work Day Implementation and eRoll-out System*

12 FUN Opportunities to hold a Recess At Work anytime; to engage your organization with learning, recharging and/or celebrating

(* - We apologize for the *Corporate Speak* in the title. It was necessary to enable the more conservative to find it easier to get approvals and necessary signatures for purchase.)

IS IT RECESS YET?

Since its inception in 2004 the 3rd Thursday in June has been designated as Recess At Work Day. Acknowledged by Chase's Calendar of Events (the Official Bible of Unofficial Holidays) and worldwide media, Recess at Work Day has evolved over the years. It has evolved because of people like you; people who have embraced the holiday and used it to make your organization a better place for employees, volunteers and members.

What started out as a day of fun in 2004; a day of schoolyard games; has morphed into a day to recharge teams, celebrate successes, and offer a chance for some learning. It has evolved into what I call an opportunity to **RECESSitate** any group, team or business. Over the years I have hula hooped at Harford Hospital, celebrated the successes of school cafeteria workers, and enjoyed breakfast while delivering a fun professional development program for McDonalds Corporation. A famous Mattress company seized the marketing opportunity and invited their customers to come take a Recess and try out a new mattress. As you can see Recess At Work Day is good for any industry who understands the importance of morale, engagement, and productivity; any organization that values its number one asset – its people.

The definition of **RECESSitate is to undergo a period of learning, recharging or celebrating;** versus the definition of Resuscitate which is to bring back from the dead. That's what Recess At Work Day is all about; that's what this manual is all about. It's about *RECESSitating* your organization before the need for resuscitating. The benefits of *RECESSitating* or a *RECESSitation* as I like to call it, include, but are not limited to:

- Improved employee morale
- Increased employee engagement
- Higher productivity
- Stronger work teams
- Better Communication
- Stronger Leadership/Grooming Leadership
- A more fun workplace

What follows are 12 opportunities for you to do just that; 12 Recesses, *RECESSitations*; or whatever you choose to call them. No, you don't have to do all 12 at once. Let Recess At Work Day be the beginning of something bigger; perhaps a year-long approach to *RECESSitating* your company; to making it a better place for employees as well as customers.

There are so many ways to use this manual. Here are a few:

- Use it one activity at a time
- Give different departments an activity that might help them move forward
- Let one department choose the activity for another department
- Use shorter activities as a meeting ice breaker
- Challenge a neighboring company in your vicinity to a little competition
- Commit to a monthly or quarterly Recess to recharge, celebrate or learn something

Are you getting the idea?

Keep the manual in the Recess At Work backpack. Keep it visible. Commit to periodically (did I already suggest monthly) incorporating a *RECESSitation*; or when it looks like your company is heading towards needing a Resuscitation.

RECESSitate today and you might not need to Resuscitate tomorrow.

So to answer the question on the previous page.....

YES. It's time for RECESS!

It's time to Learn, Recharge and/or Celebrate.

But most importantly, it's time to have some fun instead of talking about it!

Happy Recess. And please do not hesitate to contact me with comments, thoughts, ideas, successes, or just to say hi!

Rich DiGirolamo

Recessitator & Founder Recess At Work Day

Email: rich@richdigirolamo.com

Web:

- <http://richdigirolamo.com>
- <http://recessatworkday.com>

Facebook:

- <http://facebook.com/recessatwork>
- <http://facebook.com/richdigirolamo>

Twitter:

- [@recessatwork](https://twitter.com/@recessatwork)
- [@richdigirolamo](https://twitter.com/@richdigirolamo)

RECESS ^{AT} WORK

Table of RECESS

Pick a Recessitation from the table below and begin. Some require planning; others do not.

Section Title	RECESSitation
R	Recognition Recess
E	Engagement Time
C	Creativity Anyone?
E	Each can teach
S	Success is everywhere
S	Is there a Superhero in the house?
A	Attitude Adjustment
T	Team building
W	What the heck were you thinking?
O	OMG! This is so funny!
R	Rewriting the Company
K	Kid Time!

Note: While each activity has a learning point, please do not feel these are the only learning points. Recess At Work is designed to start conversations.

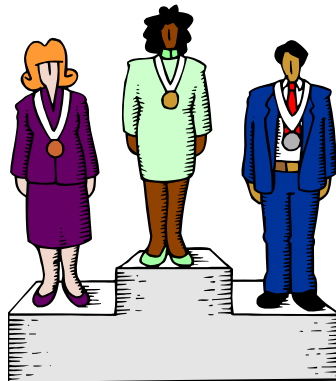
Special thanks to Naomi Karten (www.nkarten.com) and Toni Newman (www.toninewman.com) for their contributions to the Team Building and Creativity Anyone RECESSitations.

- R -

Question: When was the last time your organization took some time to recognize people for their accomplishments?

RECESSitation Idea:

1. How much can a few balloons, a “Congratulations” banner, a few dollar store picture frames, and some warehouse club appetizers and beverages cost? Buy some! Open a lemonade stand if you need to raise the money.
2. Who’s the Office Ham? The Socialite? The Cruise Director? The Musician? The person who loves to hear themselves talk at meetings? Now you’ve got emcee options!
3. Sit back and think hard (okay, not too hard, we wouldn’t want to tax your brain) about who has contributed to the organization, been there for others, or just genuinely never gets recognized. Who would that be? Now you’ve got people to recognize. If you’re desperate you can award people for showing up to work on time. There is no rule as to whether this needs to be serious or in fun.
4. Where are those committee people (and yes, it can be a committee of one) who understand exactly where the previous three questions are going, can work with the parties identified in #2, can come up with some fun certificates, ribbons, or a box of colored pencils that will make someone feel a little special today?



Why: People not only like to be recognized; they need to be recognized. It is inherent in human nature. Taking some time to laugh while at the same time recognizing accomplishments can only be a bonus. So whether the recognition awards are serious or fun know that you’re bringing teammates closer. Recess At Work Day (or any day) is a great day to hold a Recognition Event.