

## RECESS AND LUNCH BREAK: THE BEST TIMES AT SCHOOL

by:

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School can be fun, but the best parts of the day are recess and lunch breaks. These are the times when students get to have the most fun, laugh with friends, and enjoy some tasty treats.

First, let's talk about recess. When the bell rings, the playground turns into a lively place filled with kids running, playing, and having a great time. There are swings to ride, slides to zoom down, and monkey bars to conquer. It's all about having fun and maybe even getting a little bit of exercise.

Recess isn't just about playing on the equipment, though. It's also about spending time with friends and sharing snacks. You might see kids trading chips and cookies like they're the most valuable things in the world. Snack trading is a serious business!

Next up is a lunch break, the time everyone looks forward to. The canteen is buzzing with excitement as kids line up for their meals. Sure, there might be some mystery meat and vegetables, but the real treasures are in the vending machines, which are packed with delicious snacks and candies.

Finding a seat in the canteen is a fun challenge. There are groups of friends chatting and laughing, kids making new friends, and everyone enjoying their lunch. The lunch ladies are there too, serving food and sometimes sharing a joke or two.

Recess and lunch breaks are more than just times to eat and play. They are moments to build friendships, share stories, and enjoy being a kid. These breaks are filled with laughter, fun, and sometimes a few games of tag. They make school a place of adventure and joy.

So, here's to recess and lunch breaks – the best parts of the school day. They're not just breaks; they're mini-adventures packed with fun, friends, and tasty snacks. Every day at school is a new chance to laugh, play, and enjoy these special times.

*References:*

Children's book about Recess for Elementary Teachers in 2024

[https:// peaceful playground.com](https://peacefulplayground.com)