RecessPods Playbook - Curriculum Sampler

Notice: This document is a SAMPLER of the full 90+ game RecessPods curriculum included with every RecessPod Core ($40,000), RecessPod + Season ($50,000), and RecessPod Premium ($75,000+). Each card pairs clear setup rules with Social-Emotional Learning (SEL) and placemaking prompts.

GAME 01: KICKBALL (CLASSIC DIAMOND ROTATION)

- Equipment Category: Kickballs + throw-down bases + cones.
- How to Play: Two teams alternate kicking and fielding. Pitchers roll smooth grounders; all
- players bat in a continuous lineup so every participant gets equal touches.
- SEL Connection: Celebrates encouragement from the dugout and positive peer coaching.

GAME 02: DODGEBALL (LOW-STING FOAM ROTATION)

- Equipment Category: Dodgeballs (soft foam) + center-line cones.
- How to Play: Players retrieve foam balls from the center line on the whistle. A caught ball
- brings a teammate back in, keeping everyone engaged and cycling back onto the court.
- SEL Connection: Honesty on self-outs, emotional regulation, and quick conflict resolution.

GAME 03: FOUR SQUARE (COMMUNITY COURT FLOW)

- Equipment Category: Kickballs / playground bounce balls + chalk or tape grid.
- How to Play: Four squares (1-4). Server drops and hits underhand into another square.
- Waiting line rotates in rapidly so 12-15 players stay active on a single court.
- SEL Connection: Student-led officiating (Rock-Paper-Scissors resolves disputed calls in 5 seconds).

GAME 04: TUG OF WAR (TEAM ANCHOR CHALLENGE)

- Equipment Category: Field-day gear (braided tug rope + center marker cones).
- How to Play: Balanced teams align along the rope and pull on the play lead signal until the
- center ribbon crosses the cone line. Mix youth and adults for intergenerational rounds.
- SEL Connection: Collective effort, pacing together, and post-round high-five rituals.

GAME 05: CAPTURE THE FLAG (NEIGHBORHOOD FIELD EDITION)

- Equipment Category: Field-day gear (flags, pinnies, boundary cones).
- How to Play: Two territories with a safe zone and flag circle. Tagged players perform 5
- jumping jacks or receive a teammate high-five to rejoin play immediately.
- SEL Connection: Strategic communication, inclusive roles (scouts, defenders, runners), teamwork.

Unlock the Full 90+ Game Curriculum with a RecessPod: https://recesspods.com/get-a-pod/