

# Weather conditions and weather-related school policies on children's well-being during recess: A Scoping Review

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## BACKGROUND

Recess presents an opportunity for children to be physically active, socialize with their peers, and spend time in nature - promoting overall health and well-being.

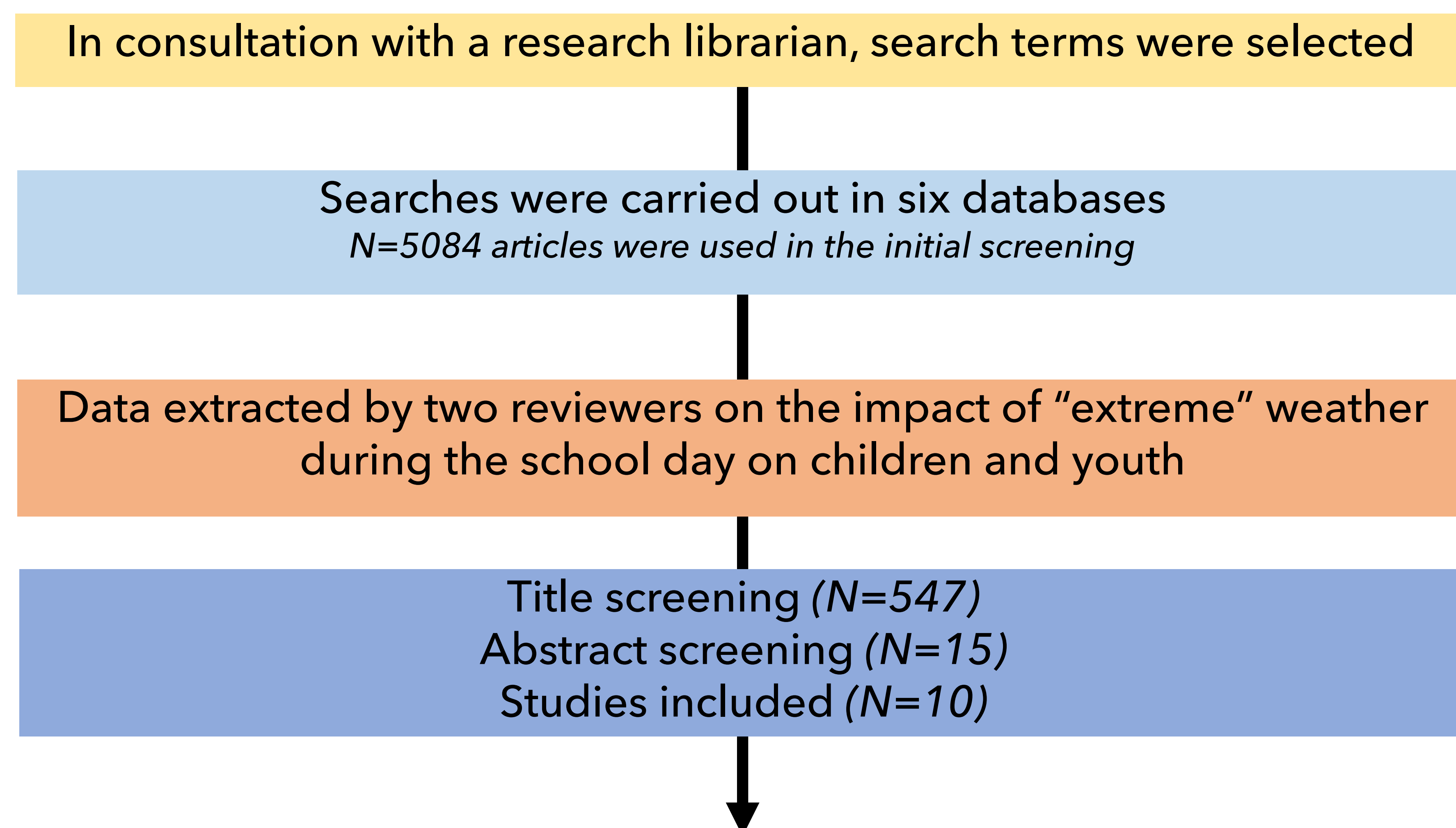
An expanding avenue of research suggests that weather can force modifications of outdoor recess if the outdoors are deemed unfavourable by school policies or school administrators.



## AIM

To examine the impact of various weather conditions and weather-related policies on factors that contribute to children's overall well-being during school recess.

## METHOD

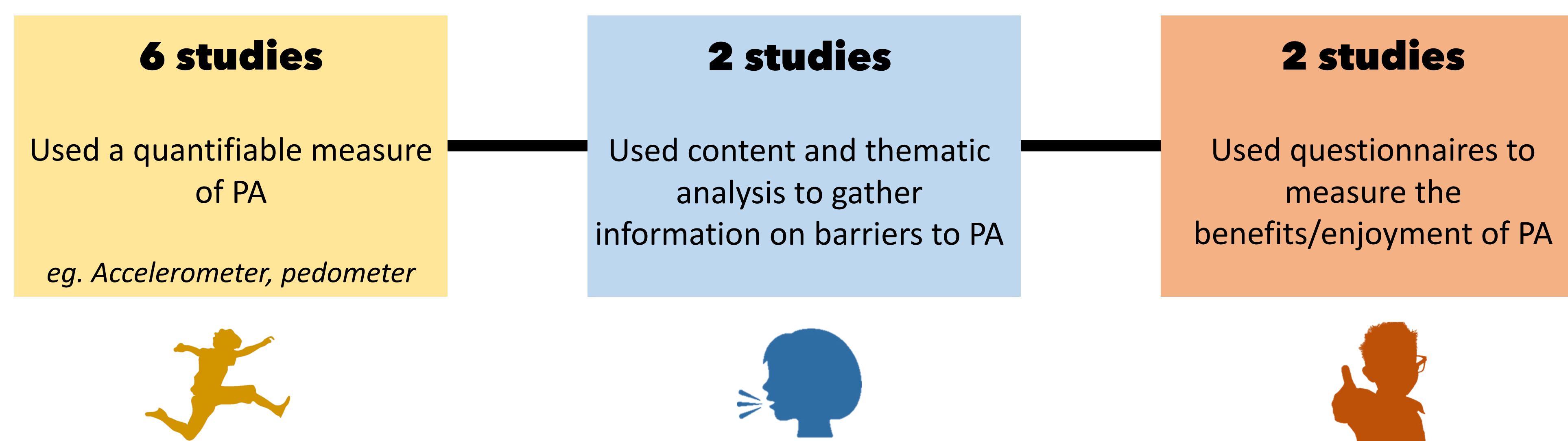


## RESULTS

### Descriptive Findings:

- All studies were published in the last 20 years
- Literature examined was primarily from Europe, North America and Australia
- Mix of qualitative and quantitative methods used
- All articles emphasize the impacts of weather on physical activity (PA)

\*All in a school recess context



## KEY FINDINGS

Inclement weather typically resulted in lower levels of PA

Restrictive weather-related policies and unfavourable conditions were commonly identified as barriers to PA

PA in various weather conditions was found to be supported by students and educators

## CONCLUSIONS

Weather conditions and weather-related policies seem to have an impact on the rate, enjoyment, and perceived barriers to physical activity during recess.

Efforts are needed to explore other predictors of well-being in youth, such as social and emotional wellness and connection to nature during days of extreme weather.