

**R001-0607**

10                    **A RESOLUTION CONCERNING REFLECTION TIME IN**  
20                    **ELEMENTARY PUBLIC SCHOOLS**

30        **WHEREAS:**      Children in public schools currently possess recess which allows  
40                    them to release their energy, but they are expected to come back  
50                    into the classroom, and to immediately learn.

60        **WHEREAS:**      The lack of time for relaxation and to calm down in-between  
70                    recess and class leads children to become more likely to act out in  
80                    class.

90        **WHEREAS:**      Teachers get frustrated when children refuse to calm down, and it  
100                   would lead to punishment which is not in the fault of the child.

110       **WHEREAS:**      Elementary public schools would benefit if they would implement  
120                   a time of five minutes before class learning commences again for  
130                   the children to quietly sit at their desks, reflect, and calm down  
140                   from the exuberance that was recess.

150       **WHEREAS:**      This clarification time would allow children to calm down enough  
160                   for teachers to be able to effectively start the educational process  
170                   again and have the attention of the children.

180       **WHEREAS:**      This time would also allow children to release existing tensions  
190                   between themselves and other students, and this would allow for  
200                   the anger between them to dissipate.

210       **THEREFORE IT BE RESOLVED:** That the Maryland Student Legislature  
220                   recommend the Maryland General Assembly to pass legislation  
230                   that would permit five minutes of reflection time within  
240                   elementary public schools.

250       **MANDATES:**      Martin O'Malley, Governor, State of Maryland  
260                   Thomas V. Mike Miller, Jr., President, Maryland State Senate  
270                   Michael E. Busch, Speaker, Maryland House of Delegates  
280                   Edward J. Kasemeyer, Majority Leader, Maryland State Senate  
290                   David R. Brinkly, Minority Leader, Maryland State Senate  
300                   Kumar P. Barve, Majority Leader, Maryland House of Delegates  
310                   Anthony J. O'Donnell, Minority Leader, Maryland House of Delegates

**SPONSOR:**

Elaina R. Wise, DCP  
Towson University  
Email: ewisel@towson.edu