Unstructured play facilitates healthy childhood development. Article 31 in the Convention on the Rights of the Child identifies play as a child’s right. Children and youth need time, appropriate space, and opportunity to engage in quality play. Strategies to increase unstructured play at school are necessary and should be supported by policies that promote the physical, academic, and social benefits of recess. Recess policies should be addressed from a balanced approach, considering safety alongside the benefits of outdoor play. This project is funded with the generous support of the Lawson Foundation.