

## Recapturing Recess

Now I know  
Y'all can remember  
The recess bell

The wave of exhilaration  
The sigh of relief  
The sheer release

The transformation  
Of fidgeting  
Into linear motion

Raise up your hands  
If you can remember  
All that pent-up energy

Exploding  
Into air and space  
And wind and sunshine

And if you can recapture  
Even a little of the joy  
Of unbridled movement

Then just maybe  
There's hope  
For the couch potatoes

Those of you  
Too worn down  
Even to fidget

Think you need rest and food  
But you toss and turn in bed  
And meals don't really sit well

These bodies just weren't meant  
For so much sittin' and standin'  
And so little *recess*

T\_\_\_\_, 4/3/96

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Inspired by 1995 Am J Health Prom focus group article by  
Shiriki Kumanyika and Collins Airhihenbuwa

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