

HAPPEN

Afternoon Breaktime

Fact Sheet



The Research

The HAPPEN Survey explored whether children and young people in South Wales (years 4-6) had an afternoon break at their school and what the impact of this was.

**69% of participants
do have an
afternoon break**

**34,085 participants
Data from 2016-2023**

**31% of participants
do not have an
afternoon break**

Key Findings



School Satisfaction

Children and young people who do not have an afternoon break were more likely to feel unhappy at school. This result is not surprising as afternoon breaktimes enable children and young people to reduce stress and maintain their academic performance.

Fitness

21% of the children and young people who did not have an afternoon break were also not satisfied with their level of fitness. For these individuals, an afternoon break would be essential to enhance their health and wellbeing

The importance of afternoon breaks

Of the children and young people who did not have an afternoon break, a further 25% did not take part in active play or physical activity before or after school, 19% did not live in walking distance to a park and 66% did not live in walking distance to a leisure center.