

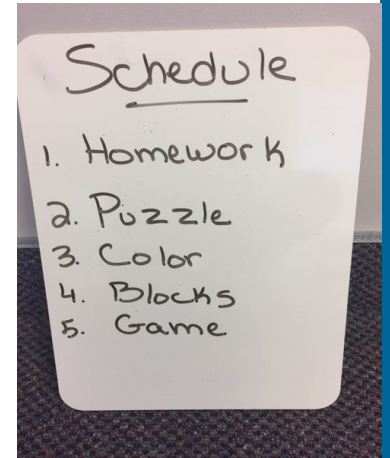


# Recreation and Leisure

## Why is recreation and leisure important?

There are two different types of recreation and leisure activities, structured and unstructured. Both have benefits and, at times, can be a difficult skill for children to master. These skills are important because they can be an instrumental part of a child's learning and growth. Structured play is typically goal-oriented and can focus on skills such as turn taking, problem solving and sportsmanship. Unstructured activities can give children opportunities to be creative and independent. Leisure/Recreation can also focus on both mastered skills as well as teach children new skills during fun activities. Parents can create a leisure schedule, together, with their children. Mixing the activities they love to engaged in with activities where improvement is needed can be a great way to improve skills.

**Something To Consider:** Visual Schedule can help with...



Wait time, transitions, anxiety about upcoming activities, distraction, participation, power struggles, etc.

### TIPS AND TECHNIQUES

What can I do?	What is it?	TIPS	Reinforce
<b>Make a Schedule</b>	<ul style="list-style-type: none"> <li>Create a list/schedule to follow.</li> <li>Can be hand written or pictures</li> <li>Cross off activities as they are completed</li> </ul>	<ul style="list-style-type: none"> <li>Make the schedule together</li> <li>If needed, make activities short (i.e. 10/15 minutes each)</li> <li>Do what you like to do!</li> </ul>	Use praise, positive attention, and tangibles to reinforce: <ul style="list-style-type: none"> <li>Participation</li> <li>Switching activities/transitions</li> <li>Completion of all the items on the list</li> <li>Positive attitudes</li> </ul>
<b>Practice Social Skills</b>	<ul style="list-style-type: none"> <li>Turn taking</li> <li>Good sportsmanship</li> <li>Rule following</li> </ul>	<ul style="list-style-type: none"> <li>Make it a fun!</li> <li>Make rules clear</li> <li>Modify rules to make it easier to follow and then introduce new rules slowly</li> </ul>	Use praise, positive attention, and tangibles to reinforce: <ul style="list-style-type: none"> <li>Nice words or encouragement to others during group play</li> <li>Following the rules of the game</li> </ul>
<b>Practice new activities and skills</b>	<ul style="list-style-type: none"> <li>Work on new skills during game play</li> <li>Practice independent leisure activities</li> <li>Working toward a goal (finishing a game, completing a project, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Mix things up (group and independent games/activities).</li> <li>Try activities that are new/different for the entire family</li> </ul>	Use praise, positive attention, and tangibles to reinforce: <ul style="list-style-type: none"> <li>All new skills</li> <li>Working hard even if they do not get the skills perfectly on the 1st few tries.</li> <li>Independent play</li> </ul>

#### DON'T FORGET...

Even though it's on the schedule, it should be fun! Mix in games and activities that are preferred with new activities. Newer and/or less preferred activities can be on the schedule for shorter amounts of time (i.e. iPad 15 minutes, card game 5 minutes). Time can be increased slowly.



## Additional Resources

- <https://www.bcps.org/system/coronavirus/>
- <https://www.cbc.ca/parents/play/view/free-play-in-a-structured-world-how-to-balance-structured-and-unstructured>
- <https://www.playgroundcentre.com/unstructured-vs-structured-play/>
- <https://www.babysparks.com/2018/03/23/structured-vs-unstructured-play-whats-the-difference-why-does-it-matter/>
- <https://www.parentcircle.com/article/fun-activities-and-games-for-tweens-and-teens/>
- <https://www.parentcircle.com/article/top-50-creative-activity-ideas-for-kids/>
- <https://www.parentcircle.com/article/fun-activities-and-games-for-young-children/>
- [https://ed-psych.utah.edu/school-psych/\\_documents/grants/autism-training-grant/Visual-Schedules-Practical-Guide-for-Families.pdf](https://ed-psych.utah.edu/school-psych/_documents/grants/autism-training-grant/Visual-Schedules-Practical-Guide-for-Families.pdf)
- <https://theinspiredtreehouse.com/visual-schedule/>
- <https://autismawarenesscentre.com/developing-leisure-activities-for-individuals-with-asd/>