



Leisure Skills

DEFINITION

Anything that a person typically does for relaxation and enjoyment.

PURPOSE

- Utilizes and develops important skills such as:
 - Fine/Gross motor
 - Problem Solving
 - Spatial Relationships
 - Social/Emotional
 - Time management
 - Independence
- Typically need to be taught to take breaks
 - Spend free time purposefully
 - Without constant supervision



BENEFITS

- Reduces likelihood of engaging in disruptive or problem behaviors.
- Assists with seamless transitions from one activity to the next.
- Enhances quality of life
- Increases social skills
- Various health benefits
- Promotes learning by letting students' natural motivations guide their learning experiences.

ACTIVITY TYPES

- Cooking
- Technology
- Physical activity
- Social skills / Board games
- Reading
- Music
- Art
- Appropriate Student Preferences





MAKING THE SPACE

- Can be taught in various locations
- Kitchen/cooking area
- Comfy seating area
- Outside
- Specified classroom living room type area
- Each student has different interests and preferences
- Options for independent and shared group activities

TAKING BREAKS APPROPRIATELY

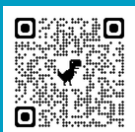
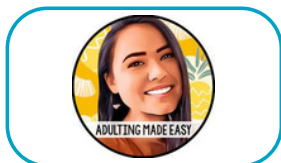
- We can't have a student engage in an activity in a non-functional way and call it leisure.
- Good Leisure skill activities need:
 - To be age appropriate
 - Goal oriented
 - Student preferred
 - Can be accessed in multiple environments
 - Parks, Social gatherings, home, ect.
- Use practical materials that can be easily accessed and replaceable.
- Start Small
 - Work up to longer time limits



REMINDERS

- Leisure skills may seem like a topic that doesn't need to be taught...but it does!
- Teaching your students these skills has more benefits than you realize.
- Make the activities purposeful, preferred, and practical.

ADDITIONAL RESOURCES



GET
CONNECTED!



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