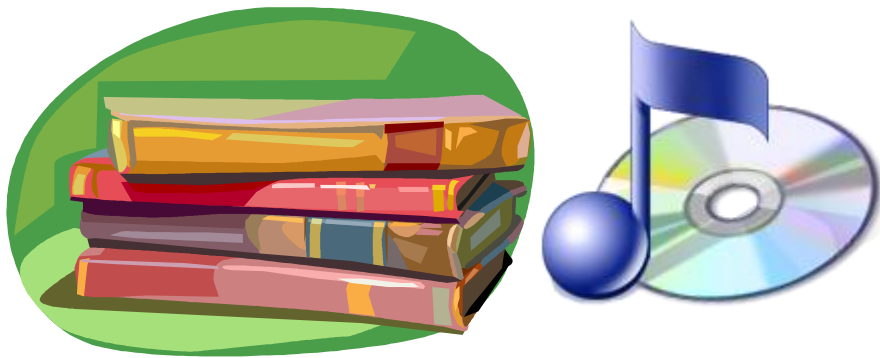


RECREATION AND LEISURE



RECREATION AND LEISURE ACTIVITIES TO PROMOTE POST-SCHOOL COMMUNITY INVOLVEMENT AND SATISFACTION

Integration into the community is a vital component of transition planning for individuals with disabilities. The transition plan should include activities that will prepare the student to have a personally satisfying adult life and to be active in his/her community. These activities may include recreational activities as well as civic responsibilities. Recreation participation in community settings offers the student the opportunity to develop a positive self-concept through successful experiences and satisfying peer relationships. The development of leisure skills may be viewed from a hierarchical perspective. The individual progresses from an awareness of leisure through self-perception and appreciation to the application of leisure through self-determination, decision-making, and knowledge of community resources resulting in increased social interaction.

A sample of age-appropriate activities to foster the participation in community recreation and leisure is outlined below.

Activities to Encourage Transition in Recreation and Leisure Areas

Kindergarten and Elementary School Grades:

- Look at or begin to read books
- Play computer games
- Listen to music
- Use crayons to color
- Make simple crafts
- Play ball games
- Play board games
- Play tag with peers
- Ride bikes
- Play with age-appropriate toys
- Share toys with peers
- Play on playground equipment
- Go to the park
- Start a collection such as trading cards, stuffed animals or other collectibles

Middle School Grades:

- Read books or magazines
- Play computer games
- Take music or art lessons
- Listen to music
- Take an elective class at school

- Participate in extra-curricular activities and clubs at school
- Play organized sports
- Participate in PE activities in school
- Play card games and board games
- Play an instrument
- Draw or color
- Write in a diary or write a letter
- Go to the movies with family
- Eat at a restaurant with family
- Play games with friends/peers
- Go to a friend's house to play or to eat lunch
- Attend school events; such as dances, sporting events, etc.
- Continue or start a collection in coins, stamps, costume jewelry or other collectibles

High School Grades:

- Read books, magazines, newspapers
- Play computer or video games
- Use the Internet appropriately
- Listen to music or create music
- Cook or bake
- Color, draw, paint, sculpt
- Make cards or write letters
- Play age-appropriate board games and card games
- Play organized sports in a school or recreational league
- Watch sports on TV
- Participate in school clubs
- Attend school events; such as prom, football games, etc.
- Take elective courses in school
- Go the movies with friends
- Eat at restaurants with friends
- Go shopping at the mall with friends
- Join a community gym (such as the YMCA) or go to the school gym
- Volunteer to help in the community
- Spend the night at a friend's house
- Develop a hobby such as weaving, rug making or model airplane assembly
- Plant flower or vegetable container gardens

IDEAS FOR INCREASING RECREATION AND LEISURE ACTIVITY AMONG PEOPLE WITH DISABILITIES

- Join school clubs or sports
- Participate in extracurricular activities, dances such as Prom or Homecoming
- Attend sporting events, plays, band concerts at school
- Participate in Special Olympics sports and social activities
- Attend summer camps
- Other summer activities: Vacation Bible School, swimming lessons, camp counselor, classes offered in community center or school
- Participate in local church activities such as youth group, choir, nursery/babysitting, food pantry
- Explore parks and recreation centers in the community
- Join Boys and Girls Clubs
- Join Girl Scouts and Boy Scouts of America
- Participate in mentoring programs
- Volunteer in the community: nursing homes, animal shelters, hospitals, or with various community service groups
- Participate in martial arts programs, gymnastics, dance classes, art classes, etc.

AGENCIES AND RESOURCES FOR RECREATION AND LEISURE

Statewide Providers for Recreational/Leisure Services

- **American Association of Adapted Sports™ Programs**
Provides competitive athletic opportunities for students in grades 1- 12 who have a physical disability or visual impairment.
www.aaasp.org
- **American Camp Association, Southeastern**
5000 State Road 67 N
Martinsville, IN 46151
Phone: 800-428-2267
Website: www.acacamps.org
- **All About Developmental Disabilities (AADD)** provides leisure sports and recreational activities for individuals with developmental disabilities.
125 Clairemont Ave, Suite 300
Decatur, GA 30030
404-881-9777
www.aadd.org

- **Atlanta Lawn Tennis Association, Inc. (ALTA)**
 - **ALTA Foundation-** Tennis programs for the disadvantaged, the physically and mentally challenged, and to provide inner-city youth new opportunities for the future.
 - 6849 Peachtree Dunwoody Road
Atlanta, Georgia 30328
Main Office: 770-399-5788
www.altatennis.org

- **Blaze Sports U.S. Disabled Athletes Fund, Inc.**
1775 The Exchange, Suite 540
Atlanta, GA 30339
www.blazesports.com

- **Boys and Girls Clubs of Metro Atlanta**
100 Edgewood Ave, NE
Atlanta, GA 30303
404-527-7100
www.bgcma.org

- **Campfire USA- Georgia Council Special Education Camp Fire Clubs**
100 Edgewood Ave, Suite 528
Atlanta, GA 30303
404-527-7125
www.campfireusaga.org

- **Disability Action Center of Georgia**
757 Commerce Drive
Decatur, Georgia, 30030
404-687-8890
www.disabilitylink.org
Provides work and recreation opportunities for individuals with disabilities.

- **Georgia Learning Resources System (GLRS):** The Georgia Learning Resources System is a statewide network of 17 resource centers offering free services to parents and educators of students with disabilities. GLRS publishes an annual guide to summer camps and recreation activities for individuals with disabilities. www.glrs.org.

- **Georgia Recreation and Park Association**
www.grpa.org

- **Parent to Parent of Georgia Roadmap to Services**
www.parenttoparentofga.org/roadmap/recreation/default.htm

- **Special Olympics Georgia**
3772 Pleasantdale Road
Suite 195

Atlanta, GA 30340

1-800-866-4400

www.specialolympicsga.org

Special Olympics Georgia provides year-round sports training and athletic competitions in 23 sports to children and adults with intellectual disabilities. Our athletes develop physical fitness, experience joy, and participate in the sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community.

- **Special Populations Tennis Program, Inc**

Our Mission:

To consistently provide a meaningful year-round tennis experience to children and adults with intellectual disabilities.

www.specialpopstennis.com

- **U.S. Army Corps of Engineers:** Provides a list of camping and recreation facilities that are accessible to wheelchairs. (Golden Access Passport -reduces all federal fees by 50% and is available to persons who are certified blind or permanently disabled).

Lake Sidney Lanier

PO Box 567

Buford, GA 30518

770-945-9531

<http://lanier.sam.usace.army.mil>

or

www.recreation.gov

- **TOPSoccer Program- US Youth Soccer**

This program is designed to bring the opportunity of learning and playing soccer to any boy or girl, age 8-19, who has a mental or physical disability. Contact your local US Youth Soccer State Association office to find out more about getting involved with a local US Youth Soccer TOPSoccer program.

www.usyouthsoccer.org/programs/20/main.html

- **Very Special Arts of Georgia (VSA)**

VSA arts of Georgia provides access to the arts for people with disabilities as well as those with low income.

VSA arts of Georgia

199 Armour Drive NE

Atlanta, GA 30324

Phone: 404-221-1270

www.VSAartsGA.org

- **YMCA** www.ymcaatlanta.org

Nationwide Providers for Recreation/Leisure Services

- **Accessible Journeys**
35 West Sellers Avenue
Ridley Park, PA 19078
Provides group tours and itinerary planning for the slow walker, wheelchair, and traveler with disabilities.
www.disabilitytravel.com
- **Information Connection Rec & Leisur**
<http://www.informationconnections.org/Home/recreation.aspx>
- **Kids Included Together**
www.kitonline.org
- **National Railroad Passenger Corporation Amtrak Disabled Travelers Discount**
1-800-USA-RAIL
www.amtrak.com
- **National Recreation and Park Association**
www.nrpa.org
- **National Center on Physical Activity and Disability**
An information center focused on helping people with disabilities become physically active and promote healthy lifestyles.
www.ncpad.org
- **Nautilus Tours & Cruises, LTD** provides a newsletter and tour information of interest to travelers with disabilities.
22567 Ventura Blvd.
Woodland Hills, CA 91364
1-800-797-6004
<http://www.nautilustours.com>
- **Other National Organizations with Inclusive Programming**
 - Big Brothers Big Sisters <http://www.bbs.org>
 - Boy Scouts <http://www.scouting.org>
 - Boys & Girls Clubs <http://www.bgca.org/clubs>
 - Camp Fire USA <http://www.campfire.org>
 - Girl Scouts <http://www.girlscouts.org>
 - National 4-H Council <http://www.4-h.org>
 - YMCA <http://www.ymca.net>
 - YWCA <http://www.ywca.org>
 - The Corps Network <http://www.corpsnetwork.org>
 - National Recreation and Park Association

The previous sources may be of help to you as you consider the transitional needs of your student. While these sources are provided to assist you in your search, it is your responsibility to investigate them to determine their value and appropriateness for your situation and needs. These sources are provided as a sample of available resources and are for informational purposes only. **THE GEORGIA DEPARTMENT OF EDUCATION DOES NOT MONITOR, EVALUATE, OR ENDORSE THE CONTENT OR INFORMATION OF THESE RESOURCES. NONE OF THESE RESOURCES SHOULD BE CONSIDERED THE ADVICE OR GUIDANCE OF THE GEORGIA DEPARTMENT OF EDUCATION.**