

Building Community Recreation Skills

Mentimetre 1: What is your role?/What are you hoping to learn?

Definition: Recreation

Recreation is the experience that results from _____ participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community _____.

4 Types of Recreation (in this presentation):

	_____ Recreation		Other	_____ Recreation
What?				
Who?				

Mentimetre 2:

How often does your family participate in community recreation?

Which types do you do the most?

What is your comfort level with each type?

Definition: Physical Activity

Any _____ of your body that results in an increased use of _____. This can include _____ as well as work. Physical activity is sometimes just called _____.

Mentimetre 3: Benefits of Physical Activity/Participation in Recreation

Benefits of Participation in Physical Activity (2018 ParticipAction Report Card)

- For children and youth with ADHD or ASD, even a _____ of physical activity can improve _____ and _____.
- Children and youth who have ASD experience the greatest benefits in _____ as a result of physical activity.
- Participation in physical activity/community recreation builds skill to better _____, _____, increase self-_____ and maintain _____..... Leading to a healthier, higher _____.
- Decreased feelings of _____.
- Higher self-_____, increased self-_____ and self-_____.

Mentimetre 4: How much physical activity is recommended?

Your guess:

CESP Physical Activity Guidelines (csepguidelines.ca)

- Toddlers and preschoolers should accumulate at least ____ minutes of physical activity at any intensity spread throughout the day
- Children 5-11 years should accumulate at least ____ minutes of _____ to _____ intensity physical activity daily.
 - Vigorous-intensity activities at least ____ days per week
 - Activities that strengthen muscle and bone at least ____ days per week
- Youth 12-17 should accumulate at least ____ minutes of _____ to _____ physical activity daily
 - Vigorous-intensity activities at least ____ days per week
 - Activities that strengthen muscle and bone at least ____ days per week
- Adults (18-64) should accumulate at least ____ minutes of _____ to _____ intensity aerobic physical activity per week, in bouts of ____ minutes of more.
 - It is also beneficial to add _____ and _____ strengthening activities using major muscle groups, at least ____ days per week.

Mentimetre 3: Where should you find physical activity goals?

List what applies to you:

GETTING STARTED

Mentimetre 4: Does an autism diagnosis tell you which sports/activities your child will enjoy?

Your thoughts:

Brainstorm: Family-Based Recreation Activities

List your ideas below:

Who can you get involved to support your child?

List your ideas below:

Other Ideas:

- Look for low risk/_____ Opportunities
- Do an _____ with your child (or on your own)
- Connect with Program/_____ Coordinators
- Keep it _____ and _____
- Try not to _____

CHOOSING A COMMUNITY-BASED ACTIVITY

	Adapted	Inclusive	Mainstream
Eligibility Criteria (Diagnosis-based)			
Curriculum/Structure			
Staff/Volunteers			
EXAMPLES			

SUPPORT PROVIDED: Consider...

- Is support _____ or are support people allowed to _____?
- If support is provided:
 - At what _____?
 - How are they _____?
- REMEMBER: Your expectation may not match the _____!



Questions to ask before registering:

Can you speak to the _____/_____ before registering?

Is it possible to _____ a session?

To assess what _____ your child might need?

Can you speak to the _____/_____ in advance of the first day to provide them with some _____?

Will you have opportunities to _____ throughout the program?

Do you know any other _____ who have tried the program?

Mentimetre 5: What other questions do you ask before registering?

ADVOCACY in Community Recreation

- Start with the _____
- Ask for the _____/_____
- If you have the energy, _____

Always remember the _____.

Who can I speak to?

Sport	Municipal Recreation

Advocacy in Community Recreation: What do I say?

- Share your concern _____ and _____
- Ask for a _____

Always remember the _____.

Mentimetre 6: Reflections on Advocacy

- Have you had to advocate to support the needs of our child in community recreation?
- How did it go? (Positive, Challenging?)
- If you could tell coaches/community recreation leaders one thing about why it is important to include individuals with autism, what would you want them to know?

Virtual Recreation

Positives	Challenges
	May require _____
Get some _____	May not be _____
Feel part of a _____	Not the same as _____
Sometimes available _____	No _____/_____

Mentimetre 7: Other Virtual Recreation Options

Action Plan: I would like to try....

Municipal Recreation	Sport	Other Community Recreation	Family-Based Recreation

My 3 Biggest Take Aways:

- 1.
- 2.
- 3.