

## Inclusive Recreation: Let's Play Together



**Practical Strategies  
for Adapting both  
Outdoor and Indoor  
Activities**



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At the end of this workshop  
you will be able to...

- **Define Universal Design**
- **Identify the Benefits of Inclusive Recreation**
- **Make Accommodation for Children with Disabilities**
- **Develop and implement 5 inclusive recreational strategies**



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To successfully complete this training and receive a certificate, you must answer a minimum of **8 out of 10 questions** correctly on the **Learning Assessment** at the end of today's session.

To receive your certificate, please visit:  
<http://collabornation.net/login/advocacynetwork>

*We welcome you to ask as many questions as you want, and to fully participate in today's activities.*



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## Universal Design

Universal design is the design of products and environments to be usable by all people, to the greatest extent possible, *without* the need for adaptation or specialized design.

-Ron Mace



**UNIVERSAL DESIGN**



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## Universal Design for Learning



**CLEARING A PATH FOR PEOPLE WITH SPECIAL NEEDS CLEARS THE PATH FOR EVERYONE!**



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## When planning an activity it is important to...

**Incorporate elements of Universal Design as a proactive way to include children of all abilities.**





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### What are some examples of Universal Design?



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### Inclusive Recreation

**Inclusive recreation means:**

- Full participation of all children in a program
- Providing adaptations and supports, if necessary.



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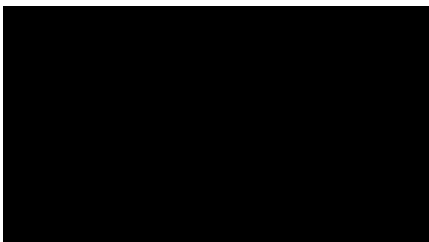
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### Inclusive Sports Recreation



Inclusive Sports Festival –University of Brighton

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## Adaptations for Sports

- Walking instead of running
- Have a wide selection of balls for throwing, catching and kicking
- Use a T-ball stand in baseball
- Lower volleyball net and/or basketball hoop



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## Group Activity Sports Let's Play



Break up into 2 groups. Then create a list of a minimum of 5 inclusive recreation strategies to include children with disabilities into this activity.

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## What is an *Adaptation*?

Changes made to the environment, curriculum, and/or instruction based on an individual student's strengths and needs.



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### IMPORTANT THINGS to keep in mind when ADAPTING activities



- Get to know your students' likes and dislikes (Getting to Know Me form)
- Use both visual and verbal cues when giving directions or rules
- Post rules and directions
- Promote cooperation instead of competition/elimination
- Allow participant to ease into the activity
- Get all participants involved!




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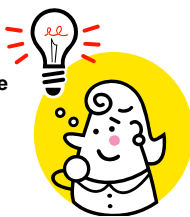
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### More Adaptations...

- Break down tasks into simple steps
- Show/guide the person through the activity
- Have children work with a partner or small groups.
- Allow for additional time
- Reduce noise levels
- Be creative! Think outside the box!




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### Thinking outside the box! Pool Noodle Adaptations




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## Inclusive Creative Drama Recreation



"Glow with the Flow," a collaboration by Zoi Arts, Miami-Dade County Department of Cultural Affairs and Arts for Learning/Miami Culminating performance of the Miami-Dade County Department of Cultural Affairs All Kids Included – Youth Arts in the Parks Fall 2013 program.

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## Group Activity Creative Drama Let's Play



Break into groups create a list of a minimum of 5 inclusive recreation strategies to include children with disabilities into this activity.

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## Adaptations for Table Games

- **Modify the rules of the game**
- **Change texture**
- **Change the number of players**
- **Consider how success is defined**



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### Group Activity Table Games Let's Play!



Break into groups create a list of a minimum of 5 inclusive recreation strategies to include children with disabilities into this activity.

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### Inclusive Arts & Craft Recreation



Zot Artz Wheelchair Painting Miami-Dade, Florida

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### Adaptations for Arts and Crafts!

- Use sponge paint or finger paint instead of brushes
- Use thicker pencils, crayons and markers
- Wrap Play-Doh around brushes, pens, and pencils
- Clamp paper onto table to prevent sliding
- Tear rather than cut paper
- Demonstrate activity first



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**Group Activity**  
**Arts and Crafts**  
**Let's Play !**



**Break into groups create a list of a minimum of 5 inclusive recreation strategies to include children with disabilities into this activity.**



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What are some benefits of Inclusive Recreation?

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What adaptations were the most helpful?





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**Why is Inclusive Recreation Important?**

- **Helps develop friendships**
- **Creates social interaction opportunities**
- **Helps increase self-esteem**
- **Helps develop an understanding of appropriate play between peers**
- **Creates a mutual understanding of differences**

**ALL Children Participate**



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Inclusion



Together we can make it happen!

Visit [www.advocacynetwork.org](http://www.advocacynetwork.org) and register to receive the News in ACTION e-newsletter or find additional information.

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Evaluation & Learning Assessment



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