

Inclusive Recreation: Let's Play Together



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

What is The Advocacy Network on Disabilities?

MISSION

"The Advocacy Network on Disabilities champions the rights of individuals with intellectual, developmental, and other disabilities by promoting inclusion, providing services, and advancing systems change."

Our Services

- **FAMILY SUPPORT:** Experienced, family-friendly staff help people with disabilities and their families identify and access services.
- **ALL CHILDREN TOGETHER (ACT):** An initiative of The Children's Trust, project staff work with the organizations it funds to increase their capacity to provide quality, inclusive programs.
- **SYSTEMS ADVOCACY:** Seeking change that can help many people at once, staff works to change policies, rules or laws that determine how services are provided.

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**

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.

What is in Your Phone?



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 for Learning



When planning an activity it is important to...

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



What are some examples of Universal Design?



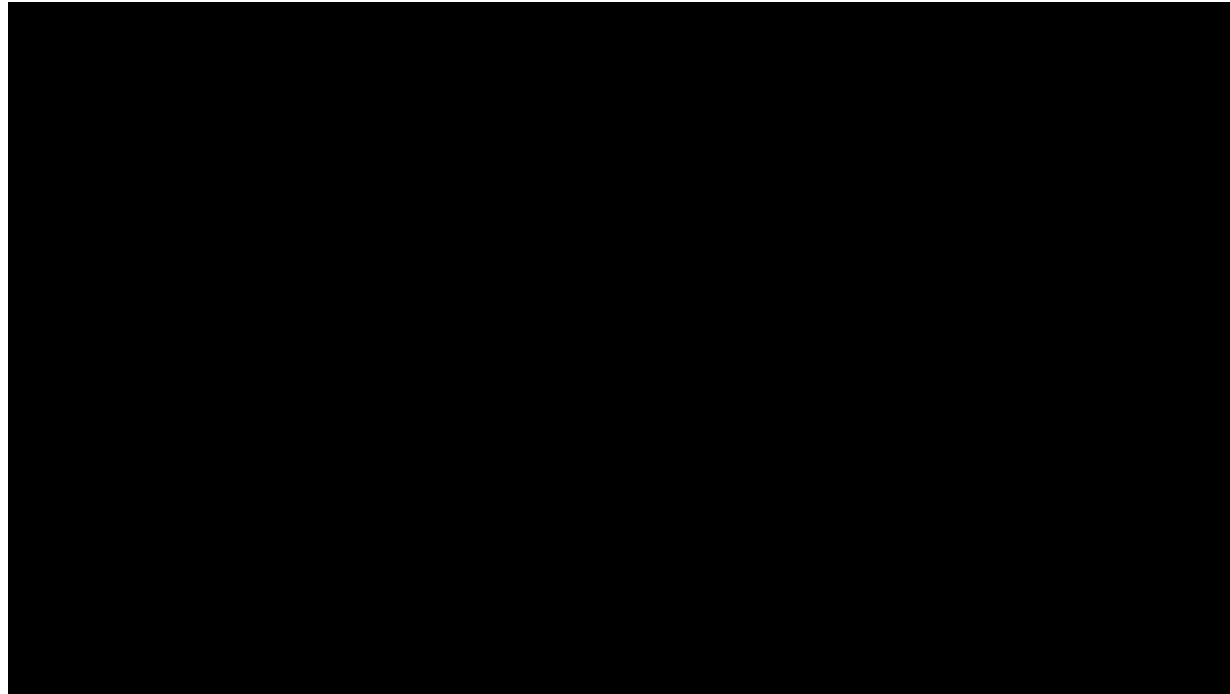
Inclusive Recreation

Inclusive recreation means:

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



Inclusive Sports Recreation



Inclusive Sports Festival –University of Brighton

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**



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.

What is an *Adaptation*?

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



IMPORTANT THINGS to keep in mind when ADAPTING activities



The Advocacy Network on Disabilities

"Getting to Know Me"

Child's Name _____

D.O.B. _____ Date _____

We want to get to know your child better so that we can provide the best possible educational experience. No one knows your child better than you. Tell us more about your child.

1. We want to know about your child's favorite/least favorite toys/activities/rewards:

Favorite	Least favorite
_____	_____
_____	_____

2. What calms your child and what upsets your child?

Calms	Upsets
_____	_____
_____	_____

3. How does your child communicate?

Verbally Through gestures (i.e., pointing, pulling, blinking) American Sign Language (ASL)

With vocalizations With communication devices (i.e., pictures)

Other (please specify) _____

4. What services does your child receive?

Speech/Language Therapy Behavioral Physical Therapy

Mental Health Counseling Occupational Therapy None

May we contact your service provider to better support your child? Yes No (Signed authorization form required)

5. Does your child require assistive devices or equipment? (i.e., braces, walker, wheelchair, communication device, insulin, nebulizer)

Yes No If yes, please describe _____

6. Do you suspect your child has a hearing or vision problem? Yes No

If yes, please describe _____

7. Which statement best describes your child's ability to move from one activity to another?

Easily moves from one activity to the other Needs assistance to move from one activity to the other


Please explain _____

8. Does your child play/interact best (please check all that apply):

Independently With another child Small group Large group Outdoor

Indoor With adults Additional comments: _____

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- **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!**

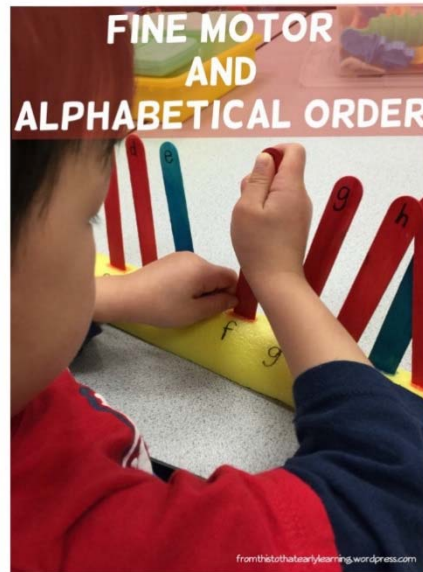
More Adaptations...

- **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!**

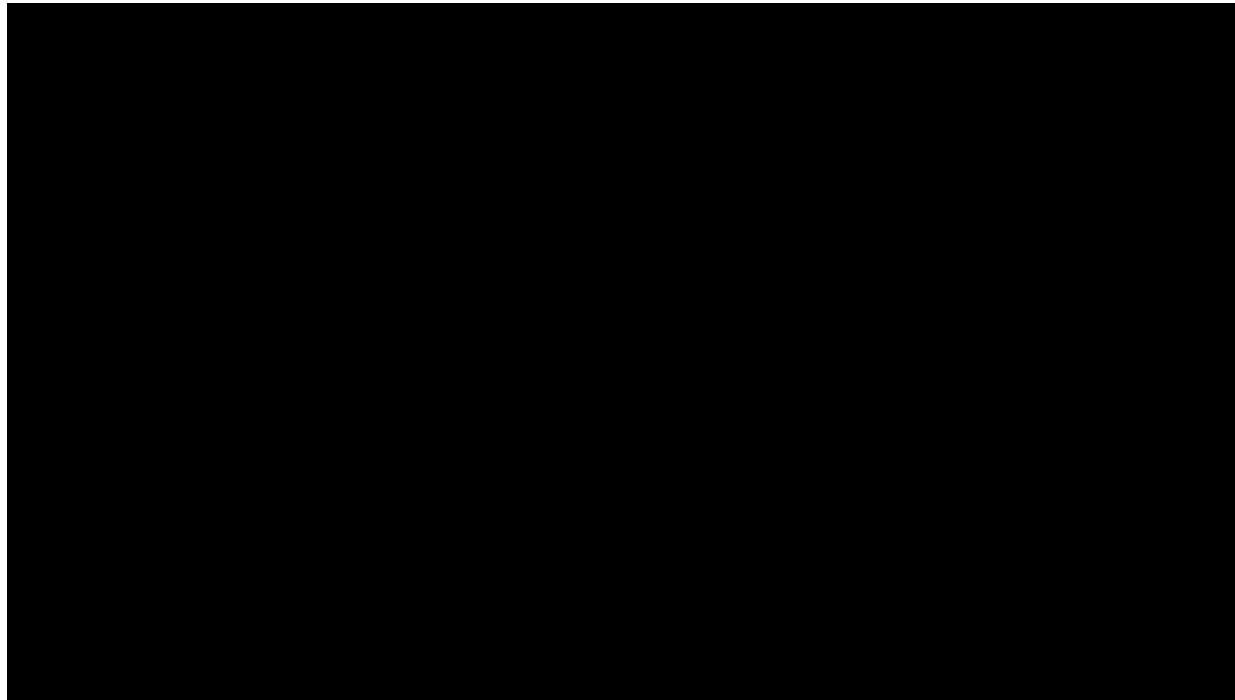


Thinking outside the box!

Pool Noodle Adaptations



Inclusive Creative Drama Recreation



"Glow with the Flow," a collaboration by Zot Artz, 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.

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.

Adaptations for Table Games

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



Group Activity

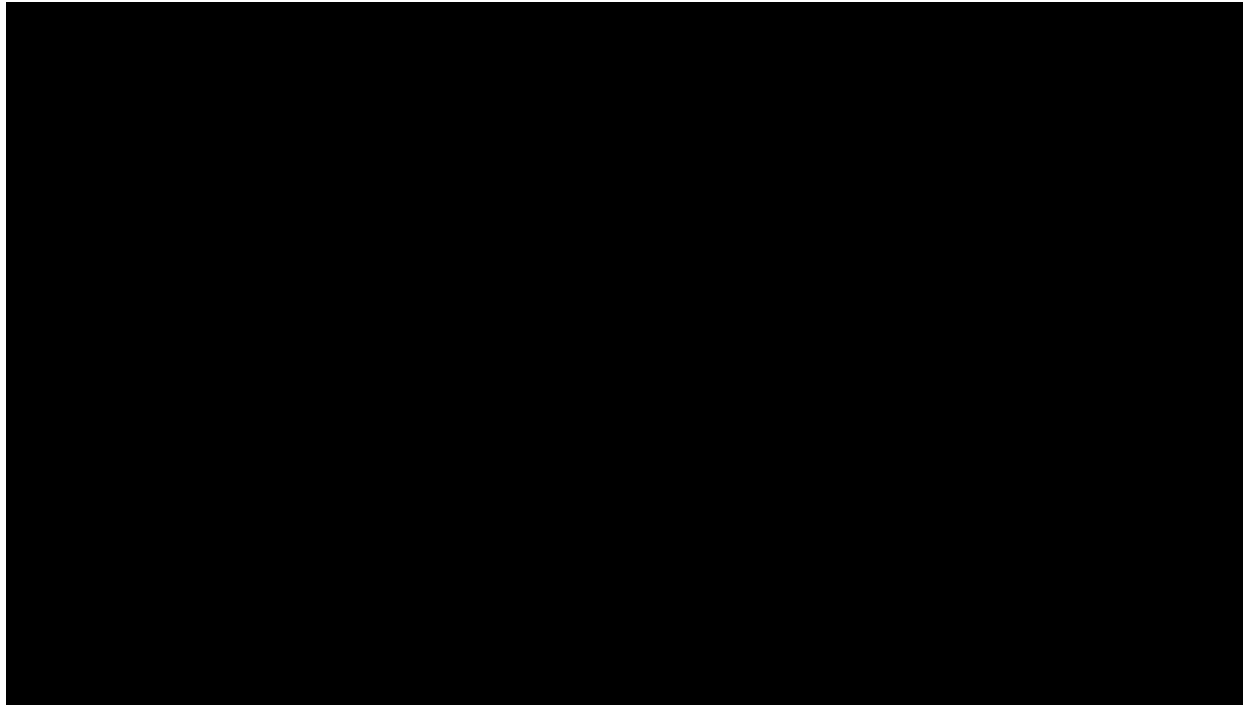
Table Games

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.

Inclusive Arts & Craft Recreation



Zot Artz Wheelchair Painting Miami-Dade, Florida

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



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.

What are some benefits of Inclusive Recreation?

What adaptations were the most helpful?



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

Inclusion



Together we can make it happen!

Visit www.advocacynetwork.org and register to receive the **News in ACTION** e-newsletter or find additional information.



Evaluation & Learning Assessment

