

National Center on Deaf-Blindness



Transition Activities

Recreation Challenge

Topic:

Recreation Challenge will help your son/daughter develop skills and use the supports that will aid in employment success as an adult.

Overview:

If 8 hours in a day are dedicated to sleep and 8 hours are dedicated to school or employment, then another 8 hours in a day are left for engaging in activities that are personally fulfilling, engaging, social, relaxing, balancing, fun and active. If your son/daughter only has a few recreational preferences or opportunities, he/she isn't alone. Recreational activities continue to be a challenge for many youth who are deaf-blind.

Recreational activities can be active or passive (i.e., spectator sports). This activity is called a challenge because it takes time and energy to do what is being asked. In the spirit of "discovery" we want you to introduce your son/daughter to an active recreational activity that he/she has not yet experienced. Through this activity, your son/daughter will be able to add one more experiences to his/her life book, add one more activity to his/her interest and skill list of "what can I enjoy now" and "what I can do now," and add one more shared experience that he/she can talk about with his/her peers.

Outcomes for your child's transition development:

Your son/daughter will develop interest and skill in additional options for recreation through increased experience and reflection on those experiences.

Activity Directions:

1. Evaluate current recreational activities and choosing a new one
 - a. Help your son/daughter to make a list of all the recreational activities he/she has tried and whether or not he/she enjoyed them and what about them he/she enjoyed. Was it the activity, the people he/she did it with, or the location? Was it inside or outside? Did it have both physical and mental (strategy) components? Was it competitive? Was it something done solo or with a group? And, what

- b. kinds of supports were needed to participate? An example template can be found in the Resource section.
 - c. Discuss a list of other options, making note of the similarities to the things he/she “liked” about other activities.
 - d. Do it.
 - e. Evaluate the activity experience using the same or similar criteria.
 - f. Make a plan for more exposure to that activity in the next couple months-put it on a calendar.
 - i. If the activity was not preferred, begin again with step 2.
2. Enroll in sports camp!

Resources:

Example Template: Activities I've Tried

What I've tried	Like or Dislike? Why?	Supports needed

Ways to either Simplify or Increase Complexity:

Ideas for Simplifying Activity

If your son/daughter would not necessarily benefit from this activity as explained, change a condition in an activity that is already established: do it in a different location, with different people, at a different pace, for a longer period of time.

Ideas for Increasing the Complexity of the Activity

Increase son's/daughter's responsibility for preparing, organizing, and doing the activity.



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