

Benefits Achieved through Leisure and Recreation

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Strengthening of Friendships

- Establishes friendships with disabled and non disabled peers**
- Indicates preferences of friends**
- Invites friends to engage in play**
- Responds to friends invitations**
- Mutually shares during play**

Enhance Self Concept / Self Esteem

- Appraises own strengths / abilities**
- Demonstrates confidence in abilities**
- Expresses opinions**
- Aware of cultural, spiritual, and ethnic self**
- Accepts challenge and adventure**
- Embraces humor**

Develop and Improve Communication Skills

- Makes choices**
- Makes requests**
- Expresses rejection / refusal**
- Greets others**
- Follows instructions**
- Responds to questions**
- Sustains communication with others**
- Uses alternative means of communication**

Directly Impacts on Successful Transition to Work / Community

- Accesses a variety of community resources**
- Follows a schedule**
- Manages personal belongings**
- Copes with less structured environments**
- Obtains and conveys information relating to use of community resources**
- Knowledge of where to seek assistance**

Refines Socialization Skills

- Initiates social interactions**
- Sustains social interactions**
- Terminates social interactions**
- Maintains socially acceptable behavior**
- Accepts assistance from others**
- Accepts feedback from others**
- Shares with others**
- Takes turns with others**
- Follows directions / rules / procedures**

Reinforcement of Academic & Daily Living Skills

- Aware of directionality**
- Discriminates colors, shapes, and sizes**
- Aware of spatial relations**
- Uses resource materials (newspaper, telephone directory, address book)**
- Uses a clock**
- Applies money management skills (budgets, purchases)**
- Applies telephone skills (answers, calls, uses public telephone)**

Practices Decision Making Skills

- Expresses preferences**
- Selects activities from options available**

Contributes to Development of Motor Skills

- Develops strength, flexibility, and coordination**
- Improves and maintains physical fitness**

Makes choices during play
Recognizes need to prioritize
Develops planning skills

through
recreation activity
Improves gross and fine motor skills

Opportunities for Self Expression & Self Development

Develops advanced skills in areas of interest
Expresses emotions in a variety of forms
Expresses ideas
Experiences success through fantasy play
Recognizes rewards of creative expression

Development and Improvement of Coping Skills

Develops strategies for relaxation
Utilizes stress reduction techniques
Practices planning skills
Learns to prioritize
Develops natural supports