Leisure Activities

Contents

The following codes are provided to indicate who would likely complete the instrument:

T = Teacher
P = Parent/Guardian
S = Student

Leisure Activities

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Survey of Indoor and Outdoor Recreational Activities

Student’s Name: ____________________________________________________________

Today’s Date: ____________________________________________________________

Person Completing Form: ________________________________________________

Directions: The student, parent/guardian, or teacher may complete this form. Place a check beside the activities that the student has participated in. For students completing this form: Circle any items that you would like to try sometime.

**Indoor Activities**

**Structured Solo Indoor Activities**

- ______ Singing a requested song
- ______ Reciting the alphabet/poem/story
- ______ Computer games
- ______ Video games
- ______ Completing a puzzle
- ______ Making a photo album
- ______ Organizing something
- ______ Listening to a talking book
- ______ Reading a book/magazine/newspaper
- ______ Completing a model airplane or similar project
- ______ Arts and crafts
- ______ Playing a specific song on a musical instrument
- ______ Following a cooking recipe
- ______ Sewing
- ______ Taking a class for fun
- ______ Other

**Unstructured Solo Indoor Activities**

- ______ Solitary card games
- ______ Make-believe play
- ______ Making up songs
- ______ Painting/drawing/doodling
- ______ Arts and crafts
- ______ Listening to music
- ______ Playing a musical instrument
Watching television or a movie
Writing a letter
Exercising indoors
Applying fingernail polish/makeup
Arranging flowers
Giving the dog a bath
Going shopping alone
Playing games at an arcade
Volunteering
Other

Structured Team/Group Indoor Activities
Board games
Charades
Singing together or in a choir
Playing cards
Following a recipe together
Quilting with a group
Attending a comedy club or live performance
Attending a musical performance
Attending an indoor sporting event
Bowling
Other

Unstructured Team/Group Indoor Activities
Watching a movie together
Eating together
Dancing
Socializing
Socializing over the phone
Visiting a museum, exhibit, or art gallery
Going shopping together
Other

Outdoor Activities

Structured Solo Outdoor Activities
Planting a flower/tree
Washing a car
Yard work/mowing the yard
Building a tree house or other structure
Running an obstacle course
Other

(continues)
Unstructured Solo Outdoor Activities

- Playing an outdoor game alone
- Playing with sporting equipment/toys
- Exercising outdoors
- Walking/playing with the dog
- Flying a kite
- Hiking/walking
- Fishing
- Swimming
- Bicycling
- Running
- Swinging
- Gardening
- Going to the park alone
- Making something by self outdoors
- Other

Structured Team/Group Outdoor Activities

- Exercising together
- Group swimming games
- Working on/fixing car
- Playing a game of baseball, golf, kickball, hide and seek, volleyball, etc.
- Attending an outdoor concert
- Christmas caroling
- Attending an outdoor sporting event
- Playing putt-putt golf
- Other

Unstructured Team/Group Outdoor Activities

- Fishing/hunting with a group
- Camping
- Bird watching
- Bicycling with a group
- Group car drive
- Star gazing
- Barbecuing
- Going on a picnic
- Attending a festival or fair
- Boating/sailing/canoeing or tubing
- Going to the park together
- Horseback riding
____ Skiing or sledding
____ Going to the zoo
____ Visiting an amusement park
____ Other

**Questions To Consider**

1. Tally up the number of checked activities for each category:
   Number of:
   ____ Structured Solo Indoor Activities
   ____ Unstructured Solo Indoor Activities
   ____ Structured Team/Group Indoor Activities
   ____ Unstructured Team/Group Indoor Activities
   ____ Structured Solo Outdoor Activities
   ____ Unstructured Solo Outdoor Activities
   ____ Structured Team/Group Outdoor Activities
   ____ Unstructured Team/Group Outdoor Activities

2. Were more indoor or outdoor activities checked off?
   Are the outdoor activities performed at the same one or two locations?

3. Were more group or solo activities checked off?
   Are the group activities performed with the same group of people?

4. Were more unstructured or structured activities checked off?

5. How many activities were selected that require a brief versus long amount of time to complete?
   Number brief: _____
   Number long: _____

6. Were more activities selected that are performed during the day or at night?

7. Are the checked-off activities age appropriate for this person?

8. Are more activities done at the school, home, or community setting?

9. Are the activities self-initiated by the student?

   Are the activities the student's choice?

   Does the student regulate how long the activity will last or how long the student will engage in the activity?

10. Are the activities constructive?

11. Does the student know how to plan for recreational activities (e.g., transportation, money, others, time)?

    (continues)
12. Does the student possess adequate social skills to participate successfully in team/group activities?

13. Is the student knowledgeable of the rules or expectations of the activities he or she engages in?

14. Does the student seem to enjoy or relax during particular recreational activities?

15. Which individual interests and preferences are emerging as the strongest choices?

16. Has the student developed any lifelong interests, hobbies, or activities?

17. Did you notice any other patterns?
Recreation and Leisure Survey

PREFERENCES
1. What recreational and leisure activities are chosen when given freedom to choose?

2. What recreational and leisure settings are chosen when given freedom to choose?

FUNCTIONING AND CAPABILITY
1. What recreational and leisure skills are currently used?

2. What recreational and leisure skills are possible if given an opportunity?

3. What recreational and leisure skills are possible if given instruction?

(continues)
Recreation and Leisure Survey (Continued)

PHYSICAL CHARACTERISTICS
1. What physical characteristics exist or may be lacking that may interfere with recreational and leisure development?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. What physical characteristics exist that may promote recreational and leisure development?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

AGE APPROPRIATENESS
1. Are the recreational and leisure preferences age appropriate?

________________________________________________________________________

2. Are the recreational and leisure skills used age appropriate?

________________________________________________________________________

ACCESS TO RESOURCES
1. Are community recreation and leisure programs available and accessible?

________________________________________________________________________

2. Are financial resources available for accessing home and community recreation and leisure opportunities?

________________________________________________________________________

3. Is transportation to recreation and leisure opportunities available?

________________________________________________________________________

4. Is supported recreation and leisure available?

________________________________________________________________________