

# Leisure Activity Considerations

The following is a list of things to consider when choosing leisure activities for your child. As the number of demands and the complexity of the sensory environment increase, some children may be able to sustain participation. Therefore, as you get to know your child's Sensational Profile, you can guide him/her toward leisure activities that are supportive as well as help him/her feel successful.

<b>Effect on Arousal</b>	energizing	restoring
<b>Number of Participants</b>	team	individual
<b>Skill Demands</b>	new or challenging skill development	familiar, high repetition, or mastered skills
<b>Predictability</b>	unpredictable movement of people and objects	predictable movement of people and objects
<b>Strength/Posture</b>	continuous posture/motor demands	low posture/motor demands with breaks
<b>Intensity</b>	periods of high and low intensity	minimal and/or sustained effort
<b>Vestibular Demands</b>	frequent change of direction	low to no direction changes
<b>Vision Demands</b>	vision demands with body movement	low vision demands
<b>Auditory Demands</b>	loud, noisy	quiet
<b>Olfactory/Gustatory Demands</b>	strong smells/tastes/textures	limited to no smells/tastes/textures
<b>Fine Motor Demands</b>	high fine motor skill demands	low fine motor skill demands
<b>Space Availability</b>	limited space	open space
<b>Spatial Relationship</b>	undefined space	defined space
<b>Praxis Demands</b>	sequencing of activities	single-step activities
<b>Social Demands</b>	high communication/ social demands	no communication/social demands
<b>Rules</b>	fluid rules	clear rules

## Other factors to keep in mind:

- Instructor/coach personality/style
- Interests/what they want to learn
- Things they can do by themselves/with others
- Things they can do for fun or do to build skills
- Local resources/support

## **A Final Note:**

While some children respond well to anything involving music, others may do best with high intensity movement. Finding the right match of the sensory environment and the level of skill demand for whatever activities a child shows interest in will support his/her ability to self-regulate while developing the skills they need to feel confident and successful.

Examples of more complex leisure activities may include soccer, dodgeball, and unstructured birthday parties

Examples of activities that typically require less skill and provide intense sensory input are swimming, jumping on a trampoline, and coloring.

If your child appears to be anxious about or have limited tolerance for a particular activity, encourage him/her to communicate more specifically about what the concern/challenge is so that you can guide him/her toward other more supportive options.