






# RECREATION & LEISURE INVENTORY

## DETECTIVE WORK

- ✓ Check with your student's family to see which kinds of activities they participate in as a family.
- ✓ Check with your local adult day program to see which kinds of activities are offered
- ✓ Check with your local recreation centre to see which kinds of activities are available
- ✓ Check with your student's possible group home to see what kinds of activities they participate in.
- ✓ Check with your local parks and recreation or tourism centre to see what kinds of activities are available.
- ✓ Check your student's interests to see which kinds of activities or sensory experiences are intrinsically motivating for him/her.

✓	Activity		Information (Time/Date/Location)
	Horseback Riding		
	Weight Training		
	Swimming		
	Biking		

	Using Exercise Equipment			
	Bowling			
	Team Sports			
	Dance, movement class or Aerobics			
	Skiing or Tobogganing			
	Gym			
	Walking Jogging Hiking			

	Boating		
	Going For Rides At The Fair		
	Skating		
	Games		
	Fishing		
	Church picnic		
	Attend a dance at a Day Program		

✓ Check off the activities that may be possibilities for your student. You can indicate times, dates or locations for these activities. Then begin to schedule these into your student's timetable in the last 2 years of school.