

# Recreation Therapy

## Building Skills Through Recreation and Leisure

Red Light Green Light Scribble

### Grade Level:

PreK-2nd

### Materials:

Paper, writing utensils (crayons, markers, colored pencils, pencils)

### Targeted Skills:

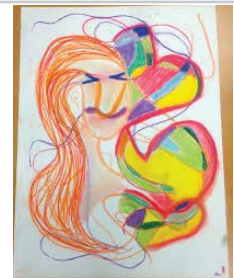
Joint Attention (listening and following directions), reciprocal interactions (turn taking)

### Directions:

This activity can be done just you and you child or include siblings!

- 1) One sheet of paper placed in between you and you child (or group).
- 2) Your child may pick up their writing utensil and touch the tip to the paper.
- 3) When the police officer (you or child) says "GREEN LIGHT" your child may scribble on the paper.
- 4) When the police officer says "RED LIGHT" your child must stop.
- 5) continue going back and forth between red light and green light as many times as you would like.
- 6) Once you stop, you may have your child find shapes or 'pictures' they see or may have made while scribbling, and color them in.

One way to vary this activity and involve siblings/other children: Whenever the police officer says "RED LIGHT" have your child pass the paper to their sibling/other child in the house who want to join. Continue taking turns as many time as you like. Color in pictures.



# Recreation Therapy

## Building Skills Through Recreation and Leisure

### Ice Cube Painting

#### Grade Level:

Kinder through 5th grade or similar developmental level

#### Targeted Skills:

Exploring Leisure Interests  
Joint Attention

#### Materials:

1. Watercolor paint (non-toxic) or food coloring
2. Popsicle sticks
3. Ice cube tray
4. One cup of water
5. Newspaper
6. Watercolor or regular xerox paper

#### Directions:

With food coloring:

1. Pour your water into your ice cube tray evenly.
2. Add just a tiny drop food coloring to four different cubes and mix well.
3. Place a short popsicle stick into each ice cube mold.
4. Freeze for about 4 to 6 hours or overnight.
5. Pull on the sticks to remove from the tray.
6. Lay old newspaper down on the table before you paint, as food coloring will stain.
7. Hold the wooden sticks to paint with.

With paint:

1. First, add different colors of paint or food coloring to an ice cube tray.
2. Pour water and fill the tray to the top.
3. Mix the water and paint.
4. Place tray in freezer.
5. When the paint has started to freeze, add the popsicle sticks.
6. They should sit upright by themselves.
7. Place tray back in freezer, and leave until frozen solid.
8. Take tray out of freezer and ice cubes are ready to paint with!



# Building Skills Through Recreation and Leisure

**Activity Name:** Color and Create a Paper Airplane

**Level/Grade:** Pre K thru 5th Grade or similar developmental stage

**Performance area:**

<input type="checkbox"/>	Activity Skill Instruction
<input type="checkbox"/>	Coping/Navigating Emotions
<input type="checkbox"/>	Exploring Interests/ Functional Leisure Routines
<input checked="" type="checkbox"/>	Games Reinforce Academic Skills
<input checked="" type="checkbox"/>	Joint Attention
<input type="checkbox"/>	Leisure Education
<input type="checkbox"/>	Perspective Taking/Social Cognition
<input type="checkbox"/>	Reciprocal Interactions

**For students who have difficulties with:**

**This activity will support student by:**

## **Materials:**

White 8.5 x 11 paper

Crayons/Markers/Color Pencils

## **Starter Activity:**

Give child one piece of paper and have them draw various shapes (circles, triangles, hearts, squares, rectangles, etc.) using different colors. Have the child verbally identify which shapes they drew and what colors they used. Once they complete their drawing, then it's time to turn their artwork into an airplane.

## **Activity Description:**

1. Take the paper (artwork facing up) and fold the paper in half lengthwise (hot dog style).
2. Open it up completely and bring the top corners down to meet the crease in the middle (it makes two triangles).
3. Take the corners of the small triangles and fold those in to meet the crease in the middle.
4. Lay the airplane on it's side and fold one half down part way to make a wing. Repeat with the other side.
5. Lift up the wings, and your plane is ready to fly!

## **\*Other ways to modified or adjust challenge level:**

Parent can pre-fold the airplane, and provide child with verbal and visual cues to follow each step.

## Starter Activity:

Give child one piece of paper and have them draw various shapes (circles, triangles, hearts, squares, rectangles, etc.) using different colors. Have the child verbally identify which shapes they drew and what colors they used. Once they complete their drawing, then it's time to turn their artwork into an airplane.

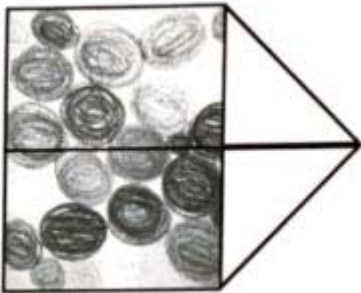


## Activity Description:

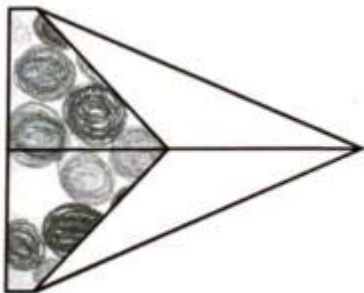
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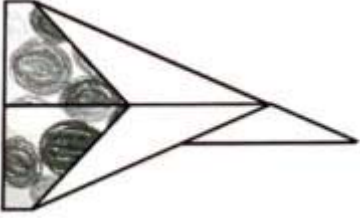
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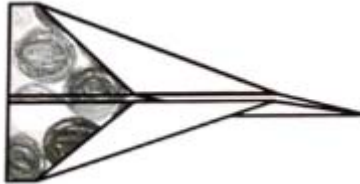
3. Take the corners of the small triangles and fold those in to meet the crease in the middle.



4. Lay the airplane on it's side and fold one half down part way to make a wing. Repeat with the other side.



5. Lift up the wings, and your plane is ready to fly!



# Building Skills Through Recreation and Leisure

**Activity Name:** 3 Things

**Level/Grade:** 1st-3rd

- Performance area:**
- Activity Skill Instruction
  - Coping/Navigating Emotions
  - Exploring Interests/ Functional Leisure Routines
  - Games Reinforce Academic Skills
  - Joint Attention
  - Leisure Education
  - Perspective Taking/Social Cognition
  - Reciprocal Interactions

**For students who have difficulties with:** building i

**This activity will support student by:** allowing them to detail changes they see and work toward

## **Materials:**

The game involves clothes and accessories that each participant is wearing. So you can provide extra clothing items and accessories.

## **Starter Activity:**

Have each participant select a few clothing items and accessories to put on.

## **Activity Description:**

There must be at least 2 participants for this game. There is no limit to how many more participants can join.

1. One participant must be selected to be "It." As the person who is "It," they must present themselves to the group for 10 seconds.
2. At this time, the other participants are asked to take a good look at what the participant is wearing and has on them.
3. Once the 10 seconds are up, the participant that stood in front of the group will be directed to exit the room.
4. Before re-entering the room with the group, the "It" person must remove or change placement of 3 items on him/her (clothing, accessories, etc).
5. Once he/she have changed 3 things, he/she can re-enter the room with the other participants.
6. Now the other participants must guess what 3 things the "It" person changed.
7. Who ever can identify all 3 changes, wins!
8. The winner can be the next person to be "It" or another participant can volunteer to be "It"

## **\*Other ways to modified or adjust challenge level:**

To make this easier, you can work as a team instead of individually when looking for the changes. This promotes teamwork and avoids having participants feeling bad if they can't find all changes.

You can also ask for participants to find at least one change instead of all 3.

You can make the changes as obvious or as subtle as you want depending on the abilities of the participants. You can add or lessen the amount of changes as well.

*Resources adapted from:*

# Recreation Therapy

## Building Skills Through Recreation and Leisure

### Hidden Object Hot and Cold

#### Grade Level:

*Kinder thru 5th grade or similar developmental level*

#### Targeted Skills:

*Understanding or using facial expression and body language*

#### Materials:

- At least two people and
- An object to hide (stuffed animal, small toy, empty water bottle)

#### Directions:

1. Select an item to hide. And, select one person to be the "hider" the other to be the "seeker"
2. The hider, hides an object in the room. (The seeker needs to cover their eyes or step out of the room)
3. The hider tells the seeker "Ready go!"
4. The seeker, moves around the room in search of the hidden item. The hider starts with a neutral or straight face. As the seeker moves around the room, the hider will smile and act happier (smile, nod, become excited) the closer the seeker gets to the hidden object. If they are really close, have fun and begin to cheer and jump up and down. If the seeker moves away from the hidden object, the hider will change their expression to sad or really upset the farther away the seeker moves from the hidden object.

This activity requires the seeker to shift attention, watch for changes in facial expressions and body language and then react accordingly. The hider is required to use various facial expressions and body language to guide the seeker to the object.

### Hidden Object Hot and Cold

Tips: Here are some descriptions and cues for facial expressions and body language for happy and sad slight smile, raised eyebrow/smile, huge smile/head nodding yes, clapping hands/huge smile/head nodding, hands to face/wide open eyes/big head nodding movements

-Slight sad lips, frown/ upset eyes/ slumped shoulders, head tilted down/frown/slumped shoulders, slumped over/head shaking "no"/fake crying

