

- Adaptive Play and Leisure -

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Leisure is an important part of everyone's life. For young children **play** is a learning experience that develops cognitive, social and motor skills. For adults **leisure** provides entertainment and relaxation.

Rules for Play and Leisure:

- It should be **FUN!** Don't turn it into work or it won't be enjoyable.
- It should be **MOTIVATING** to the student. (This is often different from what teachers and parents think the student might enjoy).
- Expose a student to many toys and activities to determine what **they** like.
- Change activities often but repeating activities is beneficial and highly
- Recommended. This fosters memory skills and allows students to anticipate activities.
- Choose manipulative toys and activities.

ADAPTIVE PLAY: is play that is altered in form, complexity or intent to meet the needs of a student.

IT CAN INCLUDE:

- Developing new play materials
- Altering for physical disabilities
- Modifying rules of play
- Setting up opportunities so all can participate.
- Physical adaptations to toys, equipment or materials required for participation.
- Modifications to teaching methods and the play itself.
- Modifying the child such as repositioning or any steps required to help the child physiologically so they can participate.

Most students with disabilities have been extremely limited in the types of play and leisure activities they can participate in. Most commercial items require fine hand and finger control making them difficult to activate or interact with.

Now there are many ways to get students involved:

- Use of switches
- Use of environmental control units
- Use of battery interrupters and adapters
- Spinners
- Scanning options
- Computers with peripherals
- Communication Devices

These items are called **automated learning devices**. Using these items regardless of a student's Disability makes these items a more normal part of a classroom environment.

WHAT CAN WE DO?

ARTS AND CRAFTS adaptations may need to be made to art materials so that students can be successful such as a different handle or using an adjustable easel. Items can be attached to lap trays with Velcro or elastic cords so that they are within reach.

- SPIN ART
- POTATO CHIP CANS WITH MARBLES IN THEM
- ADAPTED ART SUPPLIES (sponges, stampers, PVC piping, rollers, mitts, handles, shoe polish dabbers, M&M containers, deodorant roll bottles, and shakers).
- ZIZZORS – battery adapted scissors to assist students in cutting out their own projects.
- PAPER SHREDDER used with a switch for all sorts of art projects
- BLENDER to mix paint concoctions.
- COMPUTER paint and draw programs, don't forget cause and effect art.
- CARS AND WHEELS work great as a paint mode.
- ENVIRONMENTAL CONTROL UNIT with a switch and sewing machine for sewing projects.

SENSORY ACTIVITIES (be cautious about the amount of stimulation a student can handle.)

- COOKING
- POURING CUP (See handout)
- ENVIRONMENTAL CONTROL UNIT (See handout)
- MUSIC create your own library of sounds, people, environmental and instruments to use with a switch and tape recorder, to play games, to use in other activities. Include songs, rhymes, poems, jokes, etc.
- VIDEO LIBRARY
- LIGHTS (See handout)
- FANS (See handout)
- MAKE MUSICAL INTELLIPICS ACTIVITIES

STORIES

- PAGE FLUFFERS
- SLANTED EASELS
- BOOKS ON TAPE
- PICTURE JOURNALS
- PICTURE WRITING WITH INTELLITALK AND INTELLITALK 2
- PROPS AND PICTURE SYMBOLS
- ADAPT EXISTING BOOKS

- TEXTURIZE
- LIGHT BOX STORIES (scan and print on transparency paper)
- SLIDE PROJECTOR STORIES use switch with projector to tell stories or to show important events, adapter from AbleNet or Enabling Devices.
- CREATE YOUR OWN BOOKS texturize, make template books, use digital camera and photos.
- BIG MACK SWITCHES for repetitive lines in stories.
- STEP COMMUNICATOR to read independently and interact with pages of a story.

GAMES

- ATTAINMENT HAS MANY PREMADE GAMES
- BINGO (Print and Learn is already made for you)
- ALL TURN IT SPINNER GAMES (See handout)
- THEME RELATED GAMES
- CARD GAMES
- FAN SPINNER GAMES
- CUBE GAMES
- LOTTO GAMES
- ADAPTED COMMERCIAL GAMES (go fish, cootie, candyland)

TOYS

- SWITCH ACTIVATED (external or built into toy)
- INTERACTIVE TOYS (squirt guns, fans, computer games, all turn it spinner, vehicles to send things over or to knock down something, all encourage interactive play.
- VEHICLES with a switch to go places, Communication Device to tell where to go.

OUTDOOR EXPLORATION

- BUTTERFLY OR BUG HUNT
- BUILD SNOWMAN WITHOUT GOING OUTSIDE
- MELT SNOW with environmental control unit and a blow dryer.
- OBJECT WALLS (nature items, themes)
- BATTERY OPERATED JEEP/CAR obstacle courses, make deliveries.

COMMUNICATION DEVICES

- SET UP (play with baby, play Simon says, put on make up)
- READ BOOKS AND STORIES
- TELL JOKES/RIDDLES
- PLAY CAUSE / EFFECT GAMES
- SING SONGS

- SAY RHYMES
- READ POEMS
- TELL SECRETS

SOCIAL

- PROM OR DANCE
- PEN PALS
- PARACHUTE PLAY
- BOWLING (if you have a ramp you can have a bowling game).
- SCARF DANCING
- SET UP POST OFFICE OR MAILING SYSTEM (make letter templates, use vehicles with switches to deliver letters, cards, valentines).
- SCAN VIDEO CHOICES put on a ring by category for entertainment or exercise.
- MOVIE TIME make a slide projector movie, make popcorn using technology, sell tickets to the movie.

COMPUTER

- GAMES switch games, many are free from the internet
- PEN PALS
- INTERNET
- GREETING CARDS / BANNERS / STATIONARY
- DRAW OR PAINT
- MAKE RECIPE AND PICTURE RECIPE BOOKS
- INTELLIPICS ACTIVITIES
- MAKE YOUR OWN BOOKS
- MAKE SCRAPBOOK PAGES

THEME IDEAS FOR SNOWMEN

- HOMEMADE SNOWMAN BOOKS
- ALL TURN IT build a snowman
- COMMUNICATION DEVICE to build, ENVIRONMENTAL CONTROL UNIT and blow dryer to melt.
- SWITCH BASICS SOFTWARE
- BUILD A SNOWMAN Lynjan Solutions
- 5 LITTLE SNOWMEN with Step Communicator

PLAY AND LEISURE ARE A CRITICAL PART OF DEVELOPMENT. FIND A WAY FOR ALL STUDENTS TO EXPERIENCE, PARTICIPATE AND HAVE FUN. USE YOUR IMAGINATION!