

## Recreation & Leisure

### Week 1

Discuss steps to plan a day trip to a community museum, art gallery, or park. Have the students pack their lunch and make all the arrangements. Students should ask about descriptive language tours by docents at local museums.

### Week 2

Think of ways to record fun sports or indoor/outdoor recreation memories. Use videotape, picture albums, post cards, newspapers, and journals. Have them decide on a theme and make a story around a favorite sport or recreation activity. At the same time, save those memories in a scrapbook. Include self-drawn pictures, pictures of them in action with the activity, new vocabulary words that match the lessons, and brochures about community areas.

### Week 3

Set the stage to entice and motivate students to want to travel. Use tactical maps to build location and direction skills. Start local with trip planning and build to a full blown road trip or camping trip.

### Week 4

Encourage outdoor activities. Open the door to a magical discovery tour of the outdoors. Kids need at least one hour of play a day. One way is to run a nature scavenger hunt. Hand out an egg carton and a list of 12 items to collect, e.g., natural items which are: soft, spiky, blue, strong, beautiful, old, fragile, yummy, sharp, smooth, closed, open, wet, dry, from an animal, etc. Have fun!

## Resources:

Buckley, S., & Leacock, E. (1993). *Hands-on geography reproducible and activities to develop early geography skills*. Boston: Scholastic.

Joffe, J., & Siller, M. (1997). *Reaching out: Creative access guide for designing exhibits & cultural services for persons who are blind or visually impaired*. New York: AFB Press.

Lieberman, L. J., Modell, S., & Jackson, I. (2006). *Going places: A transition guide to physical activity for youth with visual impairments*. Louisville: American Printing House for the Blind.

Redleaf, R. (2009). *Hey kids! Out the door, let's explore*. St. Paul: Redleaf Press.

Rockwell, R., Sherwood, E.A., & Williams, R. (1983). *Hug a tree and other things to do outdoors with young children*. Silver Spring: Gryphon House.

Taylor, K., & Taylor, J. (1994). *Fifty nifty travel games*. Boston: Lowell House.

*Outdoor Trips that Teach: Activities for enriching educational excursions*, The Monkey Sisters, 1988.

Check out the Websites for [NatureFind](#), [Eco-Schools USA](#), and [Schoolyard Habitats](#). They offer online resources for being outside in the backyard and beyond.

[National Wildlife Federation: Great American Backyard Campout](#)

[Tactile Library](#)

[Jump Rope to Fitness](#)

[Walk-Run for Fitness](#)

[World at your Fingers](#)

[Tactile Treasures](#)

[United States Association of Blind Athletes](#)

[Disney Travel Songs, Walt Disney Co. \(1994\)](#)

[Resources for the Expanded Core Curriculum \(RECC\)](#)

[Recreation and Leisure ECC Audio Library](#)

**DCMP resources:**

[Futures with Jaime Escalante: Fitness and Physical Performance](#)

[He Said, She Said](#)