



FACT SHEET

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Ideas For Recreation and Leisure Activities

Both parents and professionals frequently have difficulty developing a variety of ideas for including individuals with deafblindness in recreation and leisure activities. The goal of both parents and professionals is to include the person in home, school, and community activities.

These activities should be fun, age-appropriate and based upon the choices of the individual with deafblindness. Below is table recreation and leisure activities to consider.

Private Time	With Family	With Friends	Breaktime at school or work
<ul style="list-style-type: none"> • Swinging • Resting • Sitting in a desired position • Watching a movie, reading a book, listening to music 	<ul style="list-style-type: none"> • Playing a game • Going to an event • Exploring sensory items • Going for nature walks 	<ul style="list-style-type: none"> • Any activities from the previous columns • Turn taking activities • Water play • Ball play 	<ul style="list-style-type: none"> • A preferred activity • Read a book • Draw • Listen to music • Sensory play

Activities should be chosen based upon family activities, neighborhood activities, school activities, and an observation of the individual within those activities. The adult assisting with the instruction can work on a small step of the total activity, can teach basic skills needed for the activity (e.g., communication skills, motor skills, social skills, etc.), and/or can use adaptive devices to allow the individual to compensate for the areas of need.

If you need assistance identifying age-appropriate activities, necessary modifications, or where to locate needed materials, reach out to the CDBS staff for more information.

Additional Recommended Resources:

Lieberman, L. (2008). Recreation and Leisure. <https://www.nationaldb.org/info-center/recreation-leisure-factsheet/>

Lieberman, L., Haegle, J. and Marquez, M. (n.d). Possibilities: Recreational experiences of individuals who are deafblind: <https://sites.aph.org/physical-education/stories/>