

# Supporting Students with Learning Disabilities using the Flourishing Through Leisure Model

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- Overview**
- Though recreational therapy is provided in many different healthcare and human service settings and facilities, there seems to be a noticeable lack of recreational therapy in public school
  - Because of this, schools may lack the resources that recreational therapy can contribute to a fully inclusive environment, which may limit the ability of students with disabilities to fully immerse themselves in their academics and build relationships with peers
  - Incorporating recreational therapy into the school setting by using the Flourishing Through Leisure Model will create an inclusive setting for students with disabilities to succeed in.

## Flourishing Through Leisure Model

- Enhancing the leisure experience through facilitating leisure knowledge and skills, as well as facilitating leisure environments
- Developing strengths and resources within the domains of well-being such as psychological/emotional, cognitive, social, physical and spiritual

## Linking the Model to School Settings

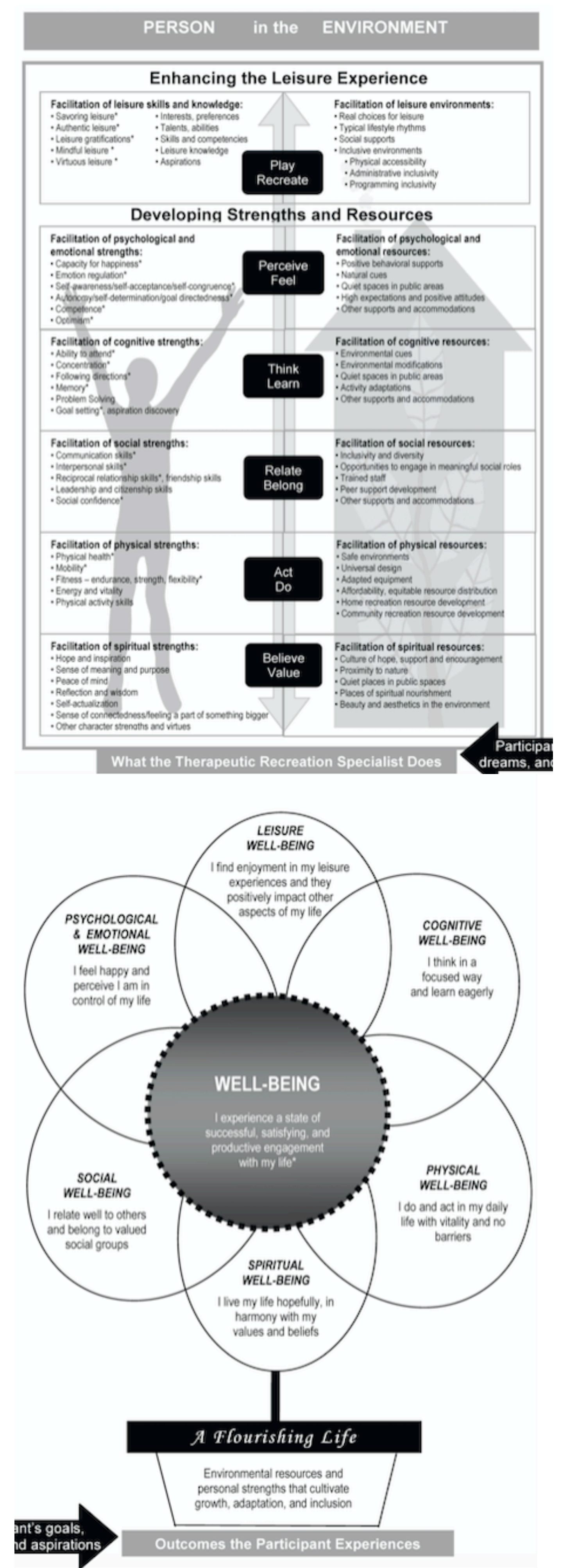
- Using this model, professionals within the school system can evaluate the classroom and school environment in order to determine if adaptations and modifications need to be made in order to be a fully inclusive setting for students with disabilities
- This strengths-based approach can create a partnership with schools, families and community in order to develop and enhance the strengths and resources within the child's environment

## Implications

- After assessment of leisure functioning and functioning within the classroom, the recreational therapist would develop a treatment plan that focused on facilitating leisure skills and knowledge, creating an accessible and inclusive environment and developing strengths
- The recreational therapist would then begin implementing leisure education, activities and interventions that the student could use within the classroom, at home and within the community
- Recreational therapists can collaborate with many professionals within a school to facilitate a leisure environment and develop strengths and resources for students

# Applying the Flourishing through Leisure Model to recreational therapy practice in a school setting will create an inclusive environment for students with disabilities to grown, learn, and flourish.

## Flourishing Through Leisure: An Ecological Extension of the Leisure and Well-Being Model



## References

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