

ACTIVITY WRITE-UP 2

Name of Activity: A-Z Leisure Education

Type of modality	Leisure Education
Type of play	Shared Cooperative
Interaction pattern	Intra-group
# of participants required	10-20
Equipment/supplies	Cards lettered A to Z
Facilities required/environment	Should be done in a quiet room where individuals can think clearly
Precautions	N/A

Directions

1. Each person in the group takes as many cards that have letters as they want
2. The first person in the group comes up with one activity that they do in their free time
3. The activity has to start with the letter on the card
4. After, the whole group can come up with as many activities as they can for that letter
5. Each person in the group does this for all the letters they picked
6. Make lists for each letter and keep it to reference
7. Make sure the activities are positive and appropriate
8. At the end of the activity have people relate back to each other and talk about similarities

Activity Analysis

Category	Skills
Primary body position	Sitting
Part of the body required	Hands, wrists, arms
Movement	Picking up, grasping
Physical	Dynamic sitting to write lists, range of motion to pick up cards (upper extremities)
Cognitive	Alertness, sustaining attention, concentration, decision making (simple), memory (short term), sharing attention, insight, organization and planning, reading, recognition of letters,

Social	Regulating behavior, self-expression, social cues, respect, relating to others, conversation: starting, sustaining, and ending, interpersonal interactions,
Perception	Auditory, visual, tactile,
Communication/language	Reception of spoken language, expression of spoken language, reception of written language
Self-care	NA
Psychological/emotional (possible)	Excitement, joy

How to Simplify the Activity

You can make it a rule that you can only pick up one card instead of however many you want. Thinking of an activity for one letter may be easier than thinking of an activity for multiple letters.

How to Make the Activity More Complex

You can make it a memory game. You can make a circle and have the instructor hold up a letter and have each person go around and say an activity as well as all the activities said before them.

Other Comments