

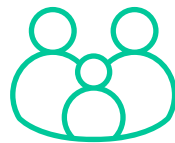
# Leisure Skills Are Important!

Leisure skills are activities or skills we take part in when we have free time. Often, we establish leisure skills in childhood and improve them in adulthood. They help us to reduce boredom and stress, improve physical and emotional health, and enjoy alone time or time with others.

Some learners with ASD require support to identify and develop leisure skills. You can start by asking the right questions:



What does the learner **like doing**? What do they do with their free time? Are these activities that could be expanded? What are their areas of **strength**?



What do their **family and friends** enjoy doing? Does the learner like to take part? Could they learn skills that would help them take part?



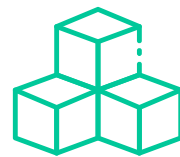
Does the activity provide any **health benefits** or exercise?



How **difficult** is the skill or task? Can the learner be involved fully or in an adjusted way?



How **long** does the activity take? Focus on developing both long and short duration activities.



Is the skill or activity a passing phase, a potential **life-long interest**, or a **building block** to other skills?

