

ECC@Home Challenge: Recreation & Leisure

Student Activities

- ☐ Practice/get feedback on a motor skill you need to improve upon
- ☐ Complete a 15 minute exercise routine
- ☐ Create a list of new hobbies/skills that you want to try- bonus try one!
- ☐ Attend a school or sporting event with friends-explain how to make it inclusive
- ☐ Join/volunteer at a club/sport at school
- ☐ Create or adapt a game you can play with friends
- ☐ Learn a new dance move or line dance steps-send us a video
- ☐ Create a health and fitness goal- track your progress in an app

Family-Style Concept Practice

- ☐ Have a family craft night-make it accessible!
- ☐ Go to a playground or learn a new dance
- ☐ Set a family fitness goal- see who achieves it first
- ☐ Take a hike/have a picnic
- ☐ Try to learn a yoga pose-send a family pic in the pose
- ☐ Teach your child how to apply sunscreen before playing outdoors
- ☐ Watch a movie-evaluate the auditory descriptions
- ☐ Play an adapted card game

Parent Activities

- ☐ Attend the MSB End of School Family Picnic 5/31/25 11am
- ☐ Use a recreation item from MDTAP & send us a pic!
- ☐ Play Jenga blindfolded
- ☐ Listen to an entire O's game on the radio

Link Resources

- [Video Link](#)
- [Live Binder Link](#)
- <https://www.campabilities.org/instructional-materials.html>

Challenge Submission



MAY RAFFLE PRIZE: \$50 Orioles/MLB Gift Card

MAY CHALLENGE SUBMISSIONS DUE:
June 3, 2025 (to be eligible to win!)

I Can Participate in Activities that Improve my Health and Well Being