

TD's Tips!

Recreation and Leisure



What can I do?

1. Categorize your activities into school, work, and leisure. How much time you spend at work? At school? Doing hobbies? Is this the right balance for you?
2. Create a daily schedule to help you manage your time and prioritize your work.
3. Create three lists to identify your recreation and leisure interests: 1) Things I am good at doing, 2) Things I like to do for fun, and 3) Things I want to learn to do.

Pro Tip!

Participate in recreation activities and develop social skills at the same time!

How about an ultimate challenge?

Use the internet to identify opportunities in your community related to your interests. Talk to your friends, family, and transition team to see what opportunities they know about. Consider the following options:

- Classes/events at your community center
- Classes/events at a local community college
- Sports leagues
- Public library
- Parks and Recreation



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This tip sheet is aligned to the “Independent Living” lesson plan. You can search in the “resources” page on [transitiondiscoveries.org](https://www.transitiondiscoveries.org) to download it!