

Leisure Time

Active Activities 4

Objective:

Given instructions, the student will walk leisurely.

Instructional Activities:

1. Talk about exercise in general and how important it is to good health. Explain that hiking and walking are excellent forms of exercise. Discuss the important points to remember before going for a walk:
 - a. Decide where to walk.
 - b. Decide on the route to take.
 - c. Decide whether to walk alone or with someone else.
 - d. Decide what clothes are appropriate.

Remind the student to obey safety rules during walks:

- a. Look both ways before crossing streets.
- b. Cross at crosswalks or traffic lights.
- c. Cross while traffic lights facing you are green.
- d. Walk on the sidewalks.
- e. Walk facing the traffic if there are no sidewalks.

Encourage the student to walk places whenever possible.

2. Take the student to a park or zoo. Plan a nature walk. Collect leaves and flowers. Warn the student that the student should not eat or touch plants unless the student recognizes them or is told that they are safe to handle.

Encourage the student to press the plants, leaves and flowers, and make a natural scrapbook or collage.

Encourage the student to walk with a friend or family member during leisure time. Remind the student to let someone know where the student is going and when the student expects to return.

Assessment Tasks:

Observe the student walking leisurely three times on three different occasions.