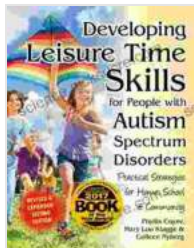


# Developing Leisure Time Skills for People with Autism Spectrum Disorders



## Developing Leisure Time Skills for People with Autism Spectrum Disorders (Revised & Expanded): Practical Strategies for Home, School & the Community

by Dawn Sakamoto Paiva

★★★★☆ 4.1 out of 5

Language : English  
File size : 16249 KB  
Text-to-Speech : Enabled  
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Enhanced typesetting : Enabled  
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## What are leisure time skills?

Leisure time skills are the ability to choose and engage in activities that are enjoyable and rewarding. These skills can include anything from reading and playing games to spending time with friends and exploring new hobbies. Developing leisure time skills is important for everyone, but it can be especially challenging for people with ASDs.

## Why are leisure time skills important for people with ASDs?

There are many reasons why leisure time skills are important for people with ASDs. First, leisure time activities can provide a much-needed break from the challenges of daily life. They can also help people with ASDs to

relax, have fun, and connect with others. In addition, leisure time skills can help people with ASDs to develop their independence, self-confidence, and social skills.

### **How can I help my child with an ASD develop leisure time skills?**

There are many different ways to help your child with an ASD develop leisure time skills. Here are a few tips:

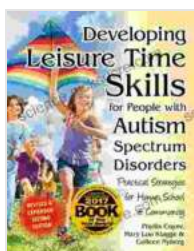
1. Start by observing your child's interests. What do they like to talk about? What do they like to do in their free time? Once you have a better understanding of your child's interests, you can start to help them find leisure time activities that they will enjoy.
2. Be patient and supportive. It may take time for your child to learn new leisure time skills. Be patient and supportive, and don't give up if they don't get it right away.
3. Break down skills into smaller steps. If a leisure time skill is too complex for your child, break it down into smaller steps. This will make it easier for them to learn and practice.
4. Use visual aids. Visual aids, such as pictures or charts, can help your child to learn new skills. They can also help your child to remember what they have learned.
5. Provide opportunities to practice. The best way to learn a new skill is to practice it. Provide your child with plenty of opportunities to practice their leisure time skills.

### **What are some leisure time activities that are appropriate for people with ASDs?**

There are many different leisure time activities that are appropriate for people with ASDs. Here are a few ideas:

1. Reading
2. Playing games
3. Spending time with friends
4. Exploring new hobbies
5. Learning a new skill
6. Volunteering
7. Exercising
8. Going to the movies
9. Attending concerts
10. Playing sports

Developing leisure time skills is an important part of helping people with ASDs to live happy and fulfilling lives. By following the tips in this article, you can help your child to develop the skills they need to enjoy their free time.



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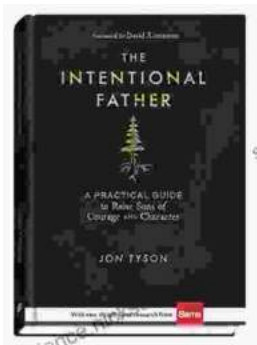
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