

Occupational Therapy Advice Sheet

Leisure activity ideas

Play provides children with the opportunity of learning, social interaction, problem solving, skill growth and exploration. The ability to engage in regular and varied play is vital in a child's development. Below are examples of leisure activities that can be offered to children both within a group setting and with families.



Group activities-

- Rainbows
- Brownies
- Guides
- Cubs
- Beavers
- Scouts
- Ventures
- Rangers

Physical and Outdoors activities-

- Swimming
- Rock climbing
- Karate
- Martial arts
- Soft play
- Park run
- Bowling
- Mini golf
- Fair ground rides
- Park play grounds
- Bike riding
- Scooter parks
- High rope courses
- Trampolining
- Tennis
- Badminton
- Outdoor gyms