



# Active Insight: Evidence in Action

## Tip #1141



## Designing Calm Recreation Opportunities

### Overview

Calm recreation opportunities strengthen participation, confidence, wellbeing, and belonging through supportive movement experiences encouraging meaningful engagement and positive relationships. Inclusive recreation environments support communication, collaboration, and emotional regulation while reducing participation barriers. Students benefit from accessible recreation opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

### Key Teaching Ideas

Calm recreation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Provide calm recreation opportunities supporting confidence, teamwork, and positive decision-making during activities. Develop mindful participation approaches, reflective recreation strategies, and supportive discussions helping students strengthen relationships, maintain engagement, and develop sustainable physical activity habits supporting lifelong recreation involvement successfully across communities consistently.

### Practical Application

- Provide calm recreation opportunities.
- Develop mindful participation approaches.
- Introduce reflective recreation strategies.
- Strengthen supportive recreation participation.
- Monitor calm participation regularly.

### Next Steps

Access Inclusion resources on Anywhere PD supporting calm recreation participation and accessibility opportunities.

*Respectful Relationships approach is informed by the Resilience, Rights and Respectful Relationships teaching and learning materials (Department of Education and Training Victoria, 2018), social and emotional learning frameworks (CASEL, 2020), and contemporary research in gender equality, consent, and respectful relationship education.*

