



Active Insight: Evidence in Action

Tip #1151



Designing Sensory-Friendly Recreation Opportunities

Overview

Sensory-friendly recreation opportunities strengthen participation, confidence, wellbeing, and belonging through supportive movement experiences encouraging meaningful engagement and accessibility. Inclusive recreation environments support communication, collaboration, and positive decision-making while reducing participation barriers and strengthening inclusion. Students benefit from supportive recreation opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

Key Teaching Ideas

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

Practical Application

- Create sensory-friendly recreation opportunities.
- Provide calm recreation approaches.
- Implement supportive inclusion strategies.
- Facilitate reflective recreation participation.
- Evaluate sensory engagement consistently.

Next Steps

Review The TREE Model resource on Anywhere PD supporting sensory-friendly recreation participation opportunities.

The TREE Approach is informed by inclusive education, adaptive physical activity, and the Australian Sports Commission's Playing for Life philosophy (Australian Sports Commission, 2015).

