



# Active Insight: Evidence in Action

## Tip #1158



## Creating Gentle Return-to-Participation Opportunities

### Overview

Gentle participation opportunities strengthen engagement, confidence, wellbeing, and belonging through gradual movement experiences supporting meaningful participation and accessibility. Inclusive recreation environments encourage communication, collaboration, and positive decision-making while strengthening participation pathways and confidence development. Students benefit from supportive recreation opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

### Key Teaching Ideas

Gradual recreation experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Provide gradual recreation opportunities supporting confidence, teamwork, and positive decision-making during activities. Develop adaptable participation approaches, supportive recreation 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

- Provide gradual recreation opportunities.
- Develop adaptable participation approaches.
- Strengthen supportive participation strategies.
- Facilitate reflective recreation participation.
- Assess return engagement consistently.

### Next Steps

Investigate Respectful Relationships resources supporting inclusive participation and recreation engagement 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.*

