I Want to Participate In...

An Organized Group Activity

Name: _______________________________   Age: ________________

My goal(s) for the group activity:

I would like to:

☐ make new friends
☐ build confidence
☐ have fun
☐ learn a new skill
☐ learn to be comfortable facing a new challenge
☐ learn to be comfortable working in a group
☐ be more responsible
☐ ___________________________________________________________________________________
☐ ___________________________________________________________________________________
☐ ___________________________________________________________________________________

What I already know about this activity:
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

On a scale from 1 to 10, I would rate my comfort level with this activity as:

1  2  3  4  5  6  7  8  9  10
Not at all comfortable     Somewhat Comfortable     Extremely Comfortable

Things that may make it challenging for me to participate:

☐ leaving my parent/caregiver to join in the group
☐ focusing on tasks
☐ sharing materials with others
☐ listening to instructions
☐ following instructions
☐ working at a common pace with other group members
☐ ___________________________________________________________________________________
☐ ___________________________________________________________________________________
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You can help me to participate successfully in this activity by thinking about:

The way you interact with me:

☐ giving me short, simple, step-by-step instructions
☐ giving me more time to understand you
☐ using pictures to show me what you would like me to do
☐ showing me how to do the activity while using words to describe it
☐ praising me when I make progress
☐ giving me hand-over-hand assistance
☐ giving me clear and specific feedback about my performance (e.g., 'raise your hands higher above your head' instead of 'raise your hands')
☐ ___________________________________________________________________________________________________

The activity:

☐ breaking down skills into smaller steps and teaching me one step at a time
☐ giving me frequent breaks
☐ changing the structure of the activity
☐ shortening the length of the activity
☐ relaxing the rules (if this is possible)
☐ modifying or adapting the equipment
☐ ___________________________________________________________________________________________________

The environment:

☐ providing a support person to assist me
☐ giving me more room to move around
☐ providing a quiet corner for me to calm down if things get overwhelming
☐ changing the setting where the activity happens
☐ pairing me up with another peer in the class
☐ placing me in a smaller class
☐ asking me about where the best place is for me to sit so that I can see and hear well
☐ ___________________________________________________________________________________________________

A Resource from CanChild’s Participation Knowledge Hub

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