

Leisure as an Occupation

Leisure is defined as any activity we choose to participate in that we feel motivated to do. Leisure activities are separate from activities that we have to do, such as work and self-care. As children are still developing and learning through their engagement in leisure and play, participation in meaningful leisure activities promotes continued growth and development of cognitive, motor, emotional and social skills. Leisure activities, whether structured or unstructured, provide children with opportunities to have more choice and independence!

Examples of leisure activities:

- Sports
- Playing a structured (tag) or unstructured game (imaginative play)
- Playing board games
- Reading
- Watching tv / playing video games
- Arts and crafts / coloring
- Gardening
- Free play outside or inside
- Riding a bike, scooter, skateboard
- Going for a walk
- Fishing
- Playing with friends
- Hiking
- Doing a puzzle
- Listening to music
- Exercising

Participating in any of these activities in moderation supports skill development in a fun and engaging way.

Information retrieved from:

<https://www.parentcircle.com/benefits-of-leisure-time-for-children/article>

<https://pubmed.ncbi.nlm.nih.gov/21786407/>

<https://ajot.aota.org/article.aspx?articleid=2766507>