

# 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:

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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  
<https://www.canchild.ca/en/research-in-practice/participation-knowledge-hub>