



Sharing knowledge in enjoying DS leisure

Time sheet leisure training

PROGRAM FOR IMPROVING QUALITY OF LIFE OF PERSONS WITH DOWN SYNDROME THROUGH INCLUSIVE LEISURE - DS LEISURE

Lesson one

Time	What	Needs	
60 – 120 minutes		Computer, beamer, powerpoint leisure activities, memory game, workbook, talk stick	
55 minutes	Talking about leisure time, what is it, do you like it, what can you do	Talking stick	
15 minutes	Break	Drinks and fruit	
20 minutes	What do you like to do	Talk stick	
30 minutes	Make your choice Look back and forward	workbook	

Lesson two

Time	What	Needs	
60 – 120 minutes		Computer, beamer, powerpoint workbook, drawing, craft and writing tools, workbook, talk stick	
20 minutes	Look back and introducing the lesson of to day	Talking stick, workbook, powerpoint	
50 minutes	Making the exercise in the workbook	workbook, drawing, craft and writing tools,	
15 minutes	break	Drinks and fruit	
15 minutes	Show what you have done Look back and forward	workbook	

