

Autism-Friendly Guidebook on Recreation, Leisure and Sport





ASEAN Autism Network

The ASEAN Autism Network (AAN) is a non-profit network established in Bangkok in 2010 through the initiative of the parents' organizations of persons with autism in Southeast Asia, in collaboration with the Asia-Pacific Development Center on Disability (APCD), with support from the Association of Parents of Thai Persons with Autism, the Royal Thai Government and the Japan International Cooperation Agency (JICA). The Network has brought an exciting beginning to the ASEAN Autism community with initiative that will be an effective forum for the ASEAN region at the national and sub-regional levels.

AAN serves as a platform for autism-related family support groups of each member country to collaborate, cooperate, coordinate, and unite in developing a holistic curriculum exclusively for autism that is local, affordable and accessible to ensure sustainability throughout the life-span of persons with autism. APCD serves as its Secretariat.



Asia-Pacific Development Center on Disability

The Asia-Pacific Development Center on Disability (APCD) is a regional center on disability and development established in Bangkok, Thailand as a legacy of the Asia and Pacific Decade of Disabled Persons, 1993 – 2002, by the United Nations Economic and Social Commission for Asia and the Pacific (ESCAP).

APCD is managed by the Foundation of Asia-Pacific Development Center on Disability (APCD Foundation) under the Patronage of Her Royal Highness Princess Maha Chakri Sirindhorn. APCD has been endorsed by ESCAP as a regional cooperative base for an inclusive society in the Asian and Pacific Decade of Persons with Disabilities, 2013 – 2022, through the Incheon Strategy to “Make the Right Real” for Persons with Disabilities in Asia and the Pacific.



Association of Parents of Thai Persons with Autism

The Association of Parents of Thai Persons with Autism (AU-Thai) is recognized as a national public organization for persons with autism and their parents by the Department of Empowerment of Persons with Disabilities (DEP) and as a standard for persons with disability organization and is guaranteed by the Ministry of Social Development and Human Security.

It was established in 1995 by the clubs of autistic parents in the central part of Bangkok and expanded to other provinces at the same time as they were trying to set the clubs as an association. Mr. Chusak Jantayanont has been president since its inception in 1999. Currently, there are parent clubs all over Thailand, and more than 50 provinces are members of the association.



AUTISM SOCIETY
Philippines

Autism Society Philippines

The Autism Society Philippines (ASP) is a national, non-profit organization dedicated to the well-being of persons with autism spectrum disorder. The ASP is comprised of families, teachers, therapists, institutions and other individuals whose lives have been touched by autism and has been in the forefront of providing services to families affected with autism. It has grown from the 11 mothers who bonded together for the causes of their children in 1989, to 10,000 members, with 63 chapters all over the country (as of April 2013). We envision an environment that empowers persons with autism spectrum disorder to become, to the best of their potentials, self-reliant, productive and socially accepted members of the community.

With regards to the participatory way in developing the Guidebook, ASP would also like to acknowledge its Laguna Chapter for providing inputs on its initial draft.

Table of Contents

Introduction	5
Warm Up/ Cool Down	6
Bird Relay	10
Clay	12
Pen Dance	13
Drawing/Coloring	14
Duck, Duck, Goose!	15
Freeze Dance	16
Musical Chairs	17
Red Light, Green Light	19
Relay Race	21
Recycled Football	22
United Nations Convention on the Rights of Persons with Disabilities: Article 30 (Easy Read)	23



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Introduction

The Third Country Training Programme: Knowledge Creation Forum on Community-based Inclusive Development 2015 (Capacity-building of Persons with Autism and their Parents) is conducted by the Government of Thailand and the Government of Japan as part of their Technical Cooperation Scheme.

The course arrangements are set up by the Asia-Pacific Development Center on Disability (APCD), the Ministry of Foreign Affairs of Thailand through the Thailand International Cooperation Agency (TICA), and the Japan International Agency (JICA) in collaboration with the Ministry of Social Development and Human Security of Thailand (MSDHS).

Course Title

Knowledge Creation Forum on Community-based Inclusive Development 2015

General Objective

Empowerment of young persons with intellectual disabilities, autism, and hard of hearing in Southeast Asian countries from the perspective of Community-based Inclusive Development (CBID)

Specific Objectives

- 1) To develop the capacity of young leaders with autism and their parents in Southeast Asia by providing opportunities to enhance understanding of the CBID concept;
- 2) To provide a forum for young leaders with autism and their parents by exchanging information and knowledge on not only autism but also other emerging disability groups such as persons with intellectual disabilities and/or those who are hard of hearing;
- 3) To strengthen regional collaboration between the members of the ASEAN Autism Network (AAN) and APCD, with support from TICA, MSDHS and JICA, particularly by promoting their participation in recreation, leisure and sport.

Anticipated Benefits

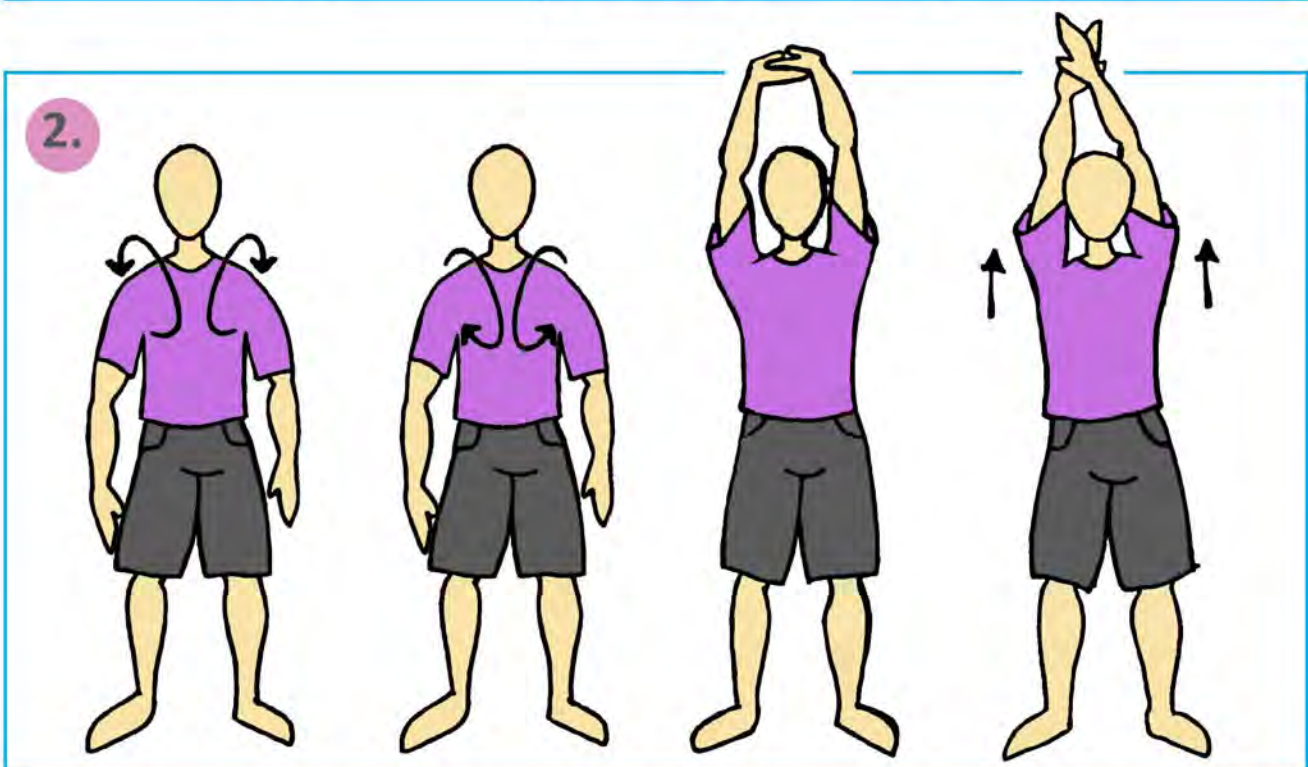
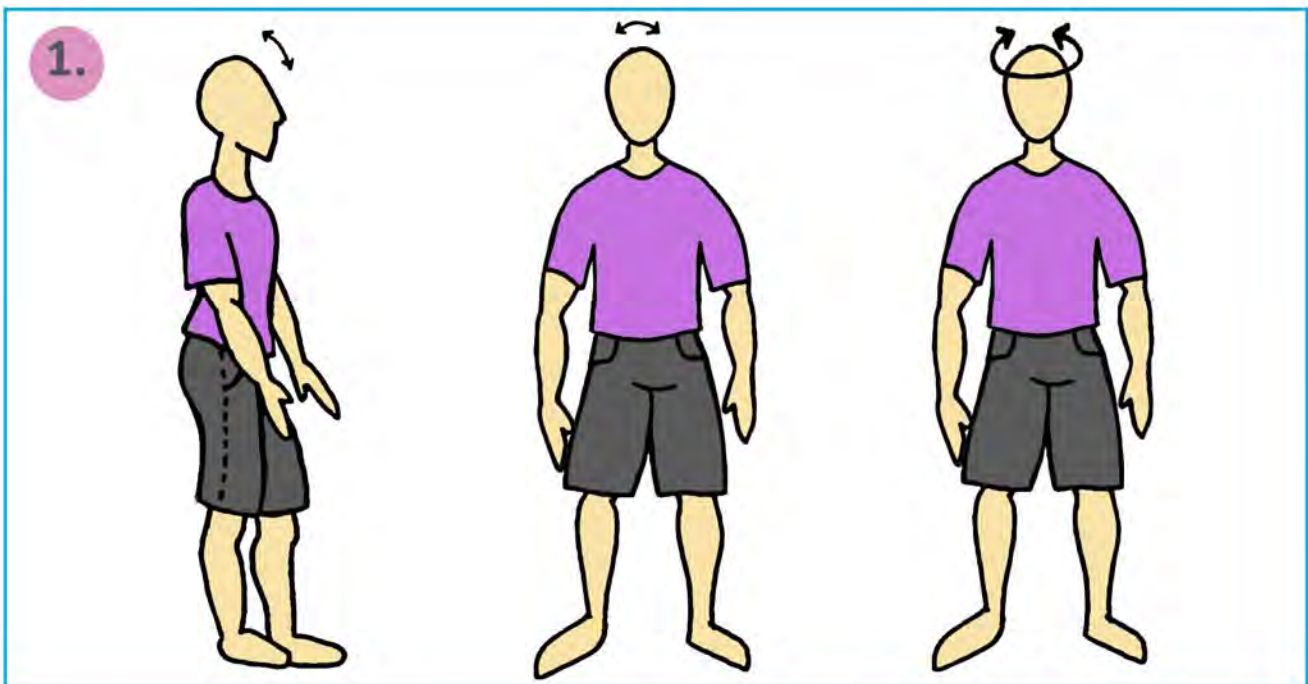
- 1) Young leaders with autism and their parents in Southeast Asia will gain information and knowledge on disability and development in the CBID context, including other emerging groups such as intellectual disability and hard of hearing, and will be prepared to utilize this new knowledge locally in their home countries;
- 2) New information and knowledge on recreation, leisure and sport will be created, exchanged and elaborated on by young leaders with autism, their parents and resource persons in Southeast Asian countries and Japan for future implementation.

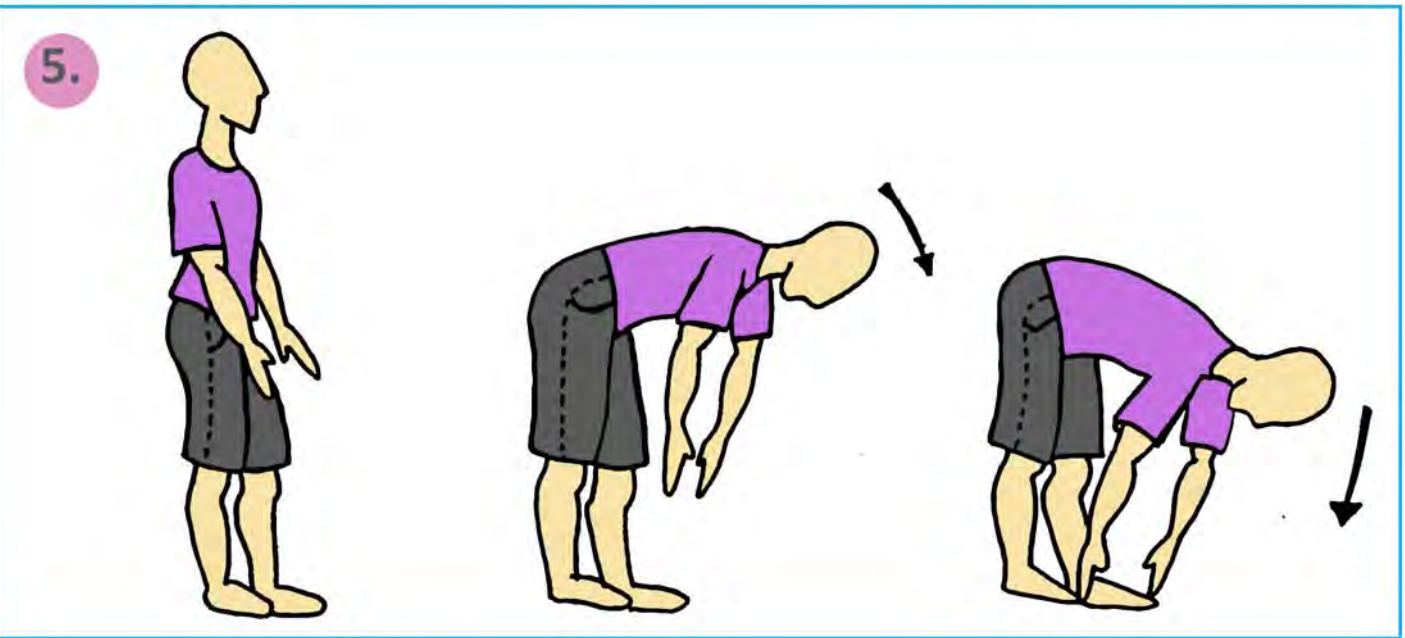
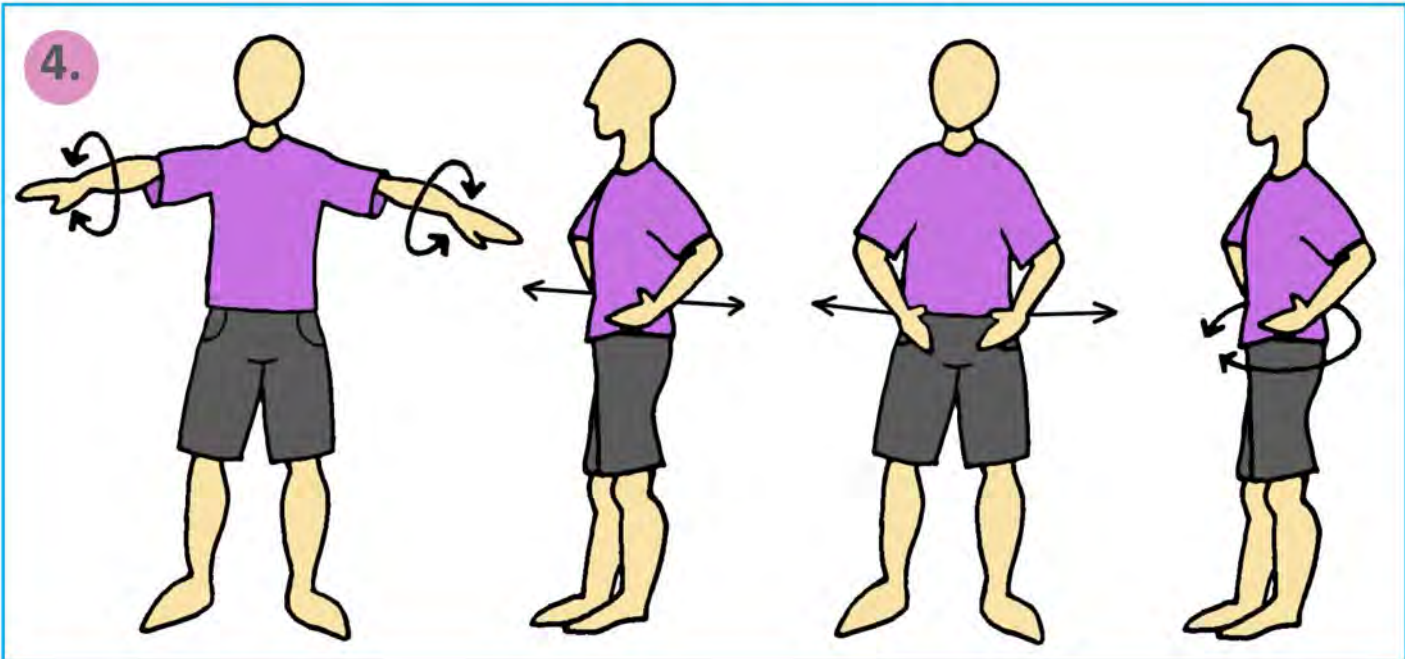
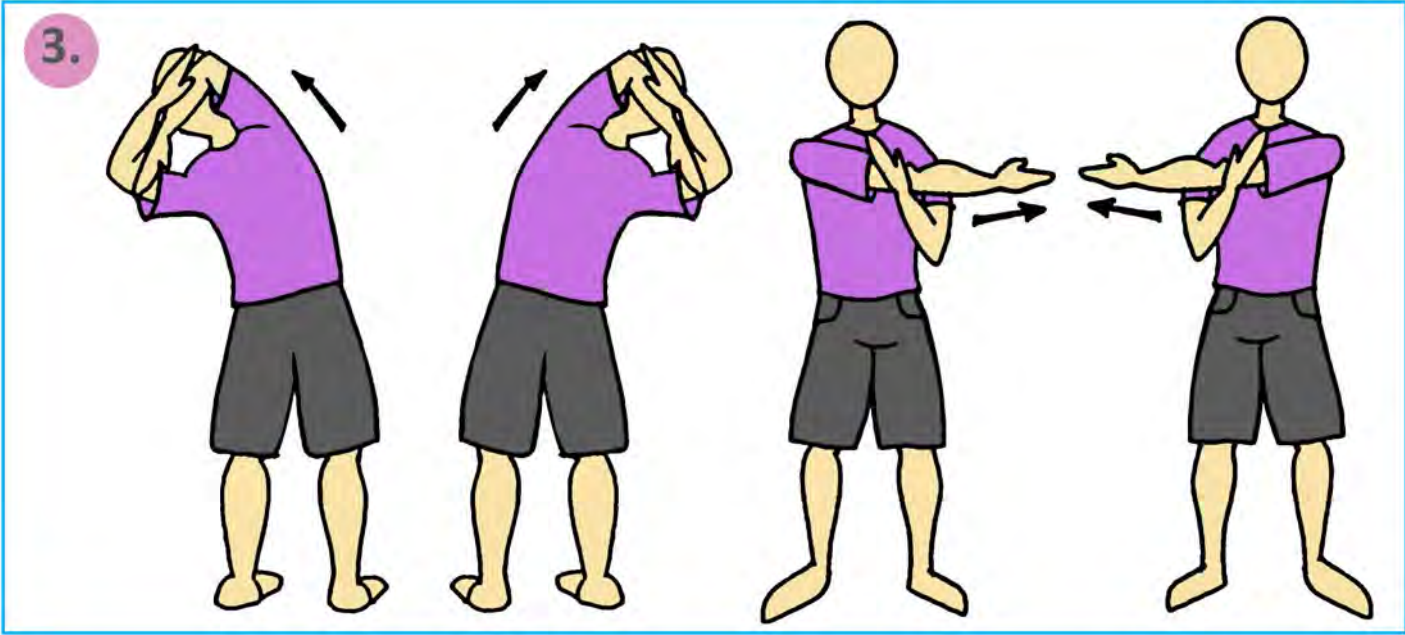


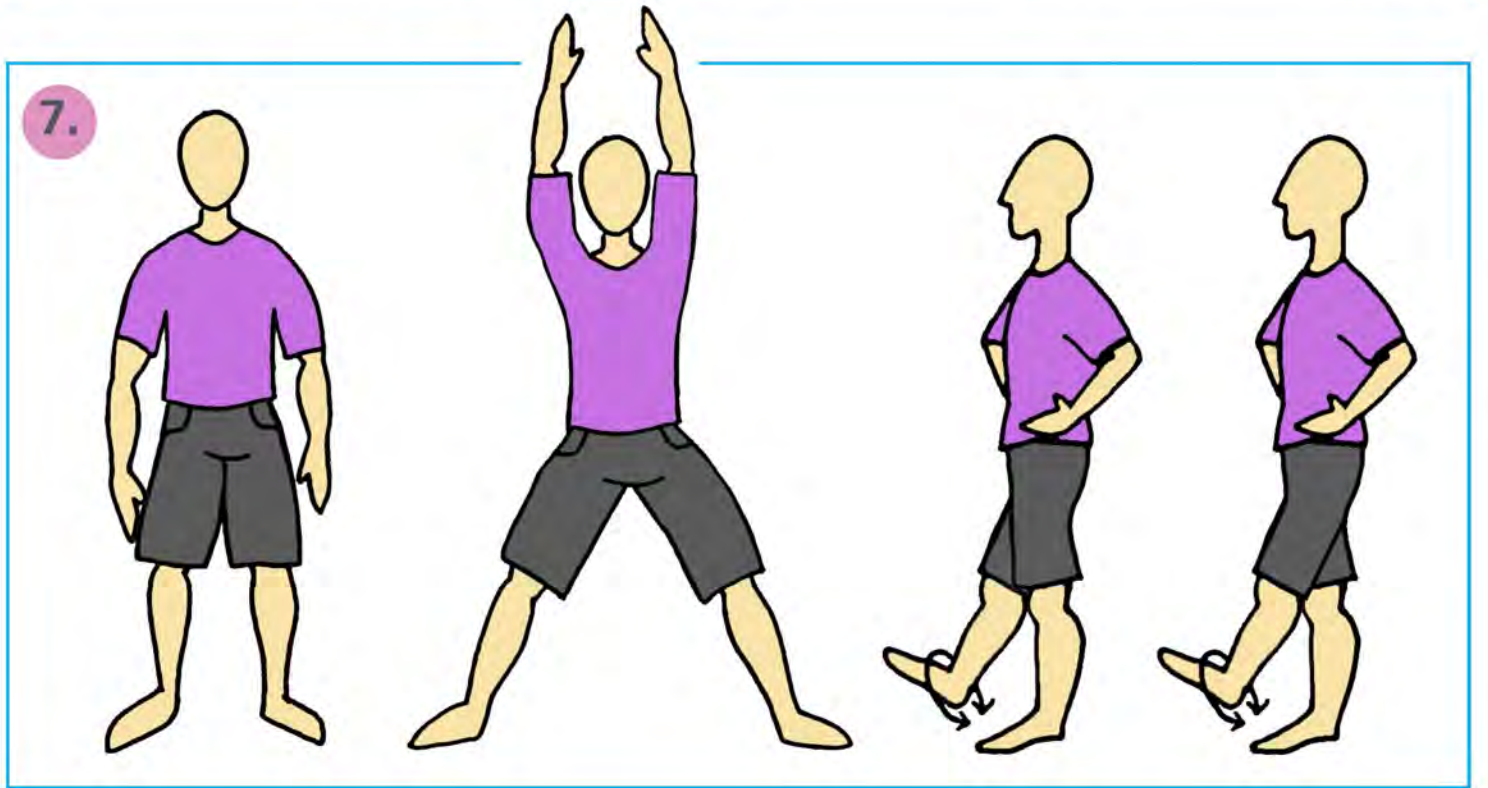
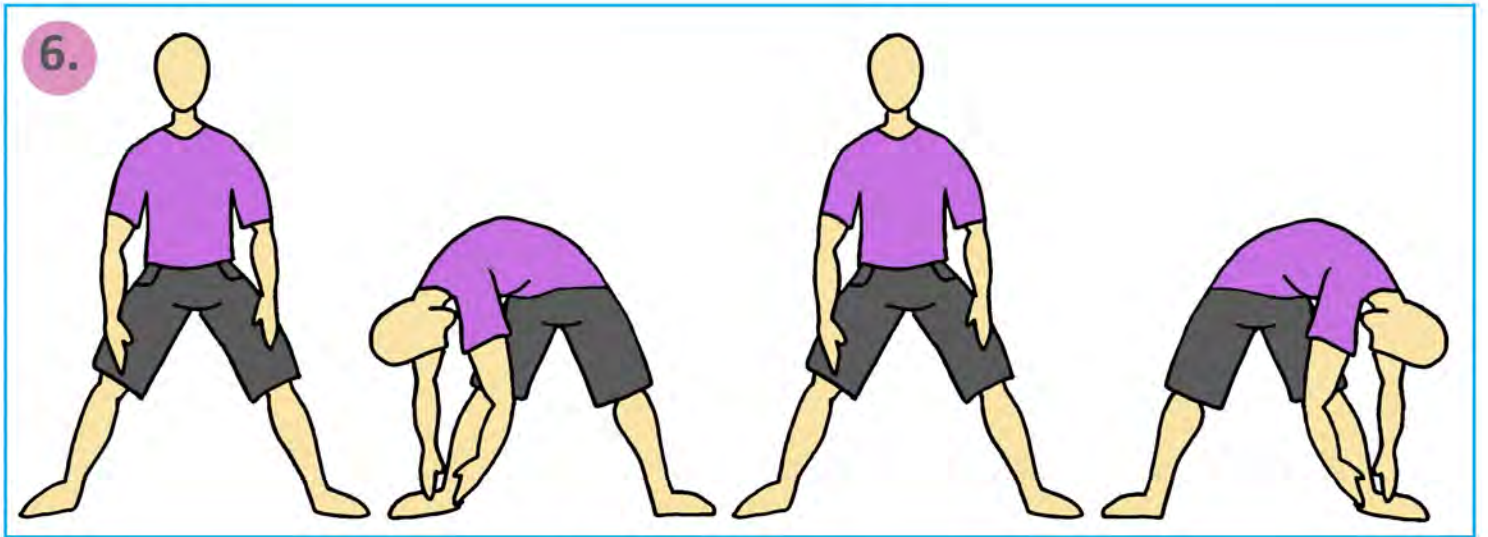
Warm Up/Cool Down

It is very important to stretch because you do not want to hurt your body. *Always* stretch your body before and after playing games.

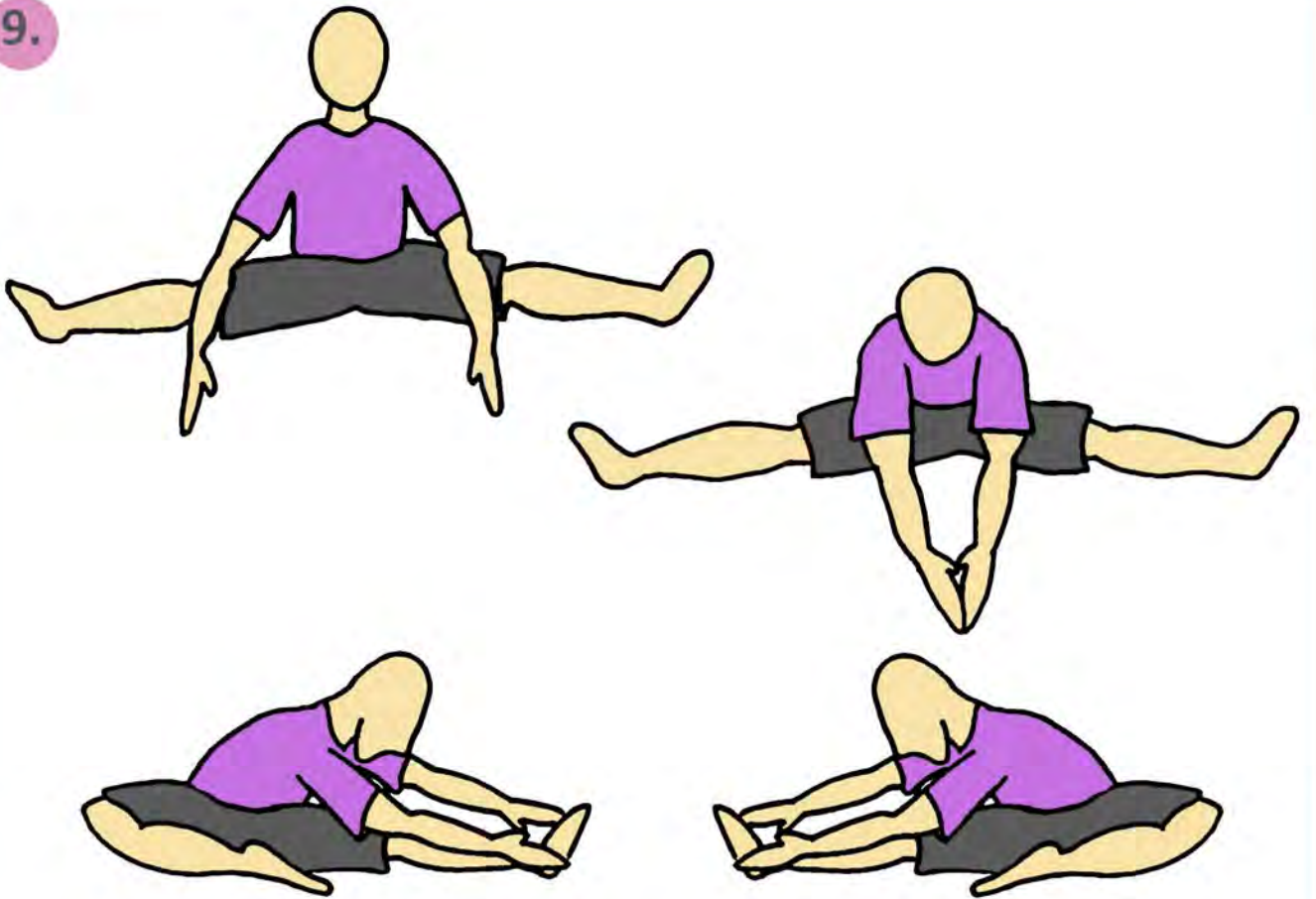
Start the warm up exercise with the head bending up/down slowly and breathe.



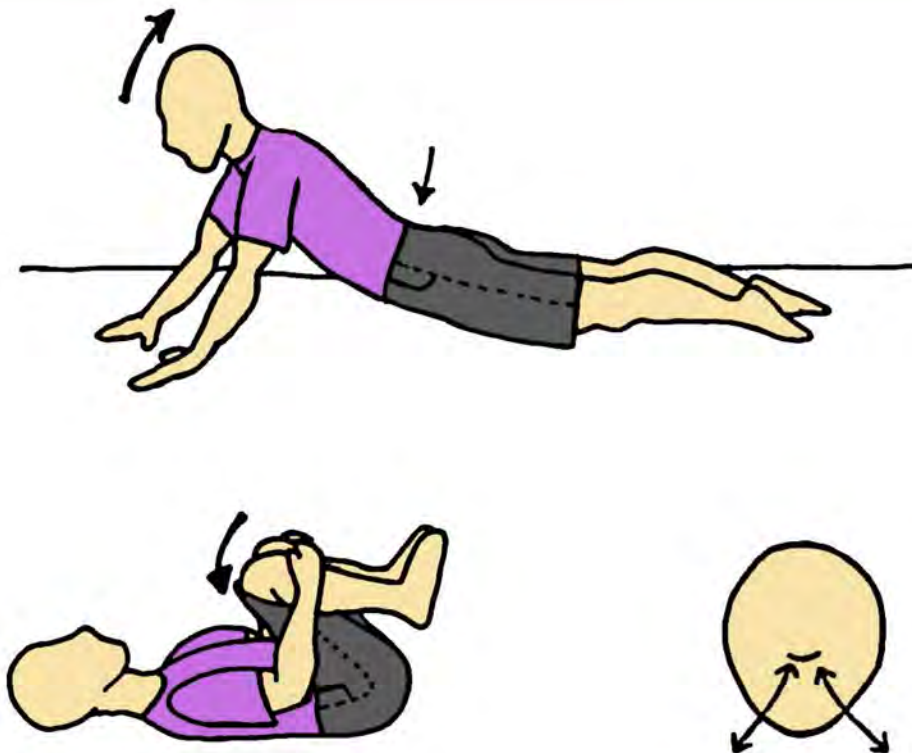




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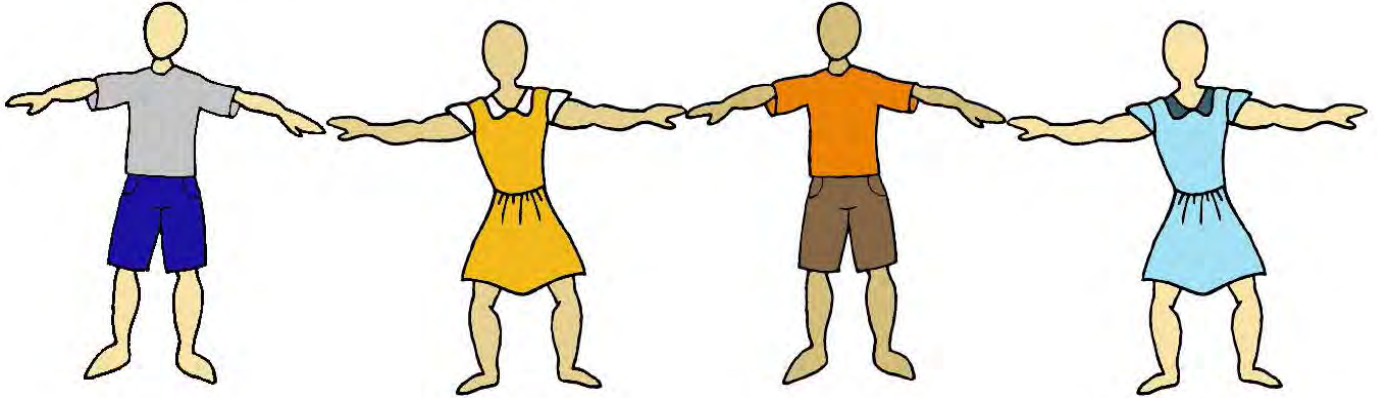


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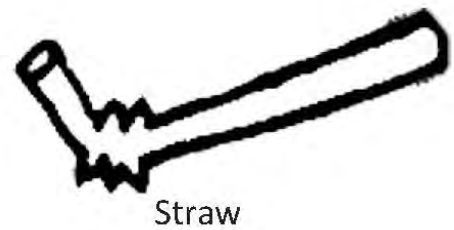


Bird Relay

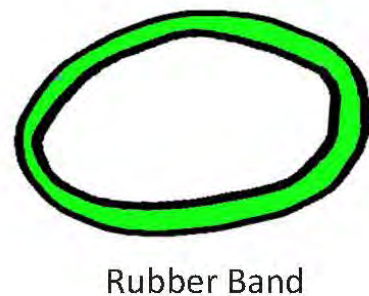
1. Each team will make a line.



2. Each player will hold a drinking straw with their mouth while their hands are placed at their back.



3. Each team will have one small rubber band.



4. Each team member has to pass the rubber band by using a straw from first player to the last player in the line.
5. In case the player drops the rubber band, she or he will pick up and place the rubber band on a straw and position the hands at the back. The team who has passed the rubber band faster to the last player in the line wins the game.



Clay

You can use homemade clay or Play-Doh to make a bowl, dinosaur, or everything!



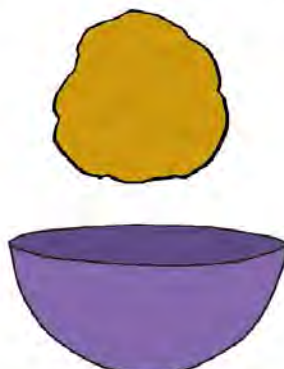
It is fun to be creative. You can make homemade clay with these materials:

- 2 ½ cups of flour
- 1 cup of salt
- 1 cup of water
- Food coloring (optional)
- 1 big bowl

1. Mix the clay ingredients together in a big bowl.

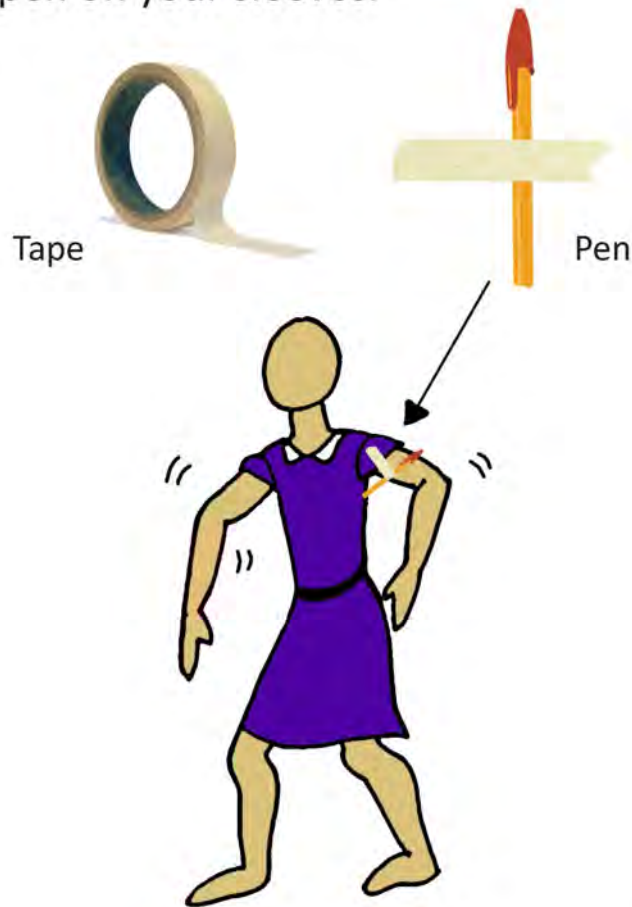


2. Store the clay in the refrigerator in a big bowl covered with plastic wrap.



Pen Dance

1. Tape the pen on your sleeves.



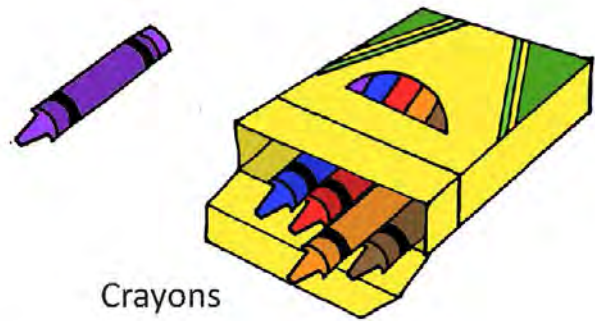
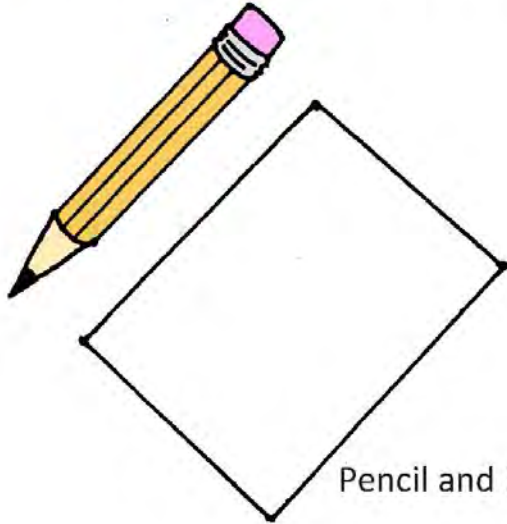
2. Shake, shake, and shake your body until the pen falls off our clothes.



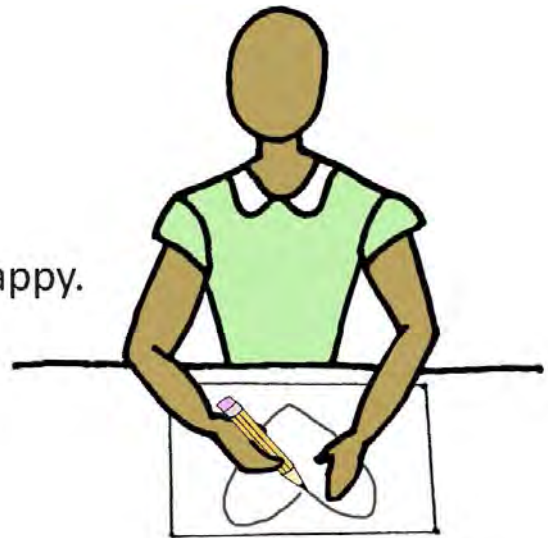
3. Whoever got the pen to fall off first wins the dance.

Drawing/Coloring

1. Use pencil, pen, or crayons to draw a picture on the paper.



2. Draw something that makes you happy.



3. Then, color the picture!



Duck, Duck, Goose!

1. Sit in a circle. One person must be **“goose”** who will stand up and gently tap once on **one shoulder** of each person sitting on the floor.
2. The **“goose”** person will keep walking around the circle and saying **“duck”** aloud while gently tapping on each person’s shoulder.
3. If the **“goose”** person chooses one person to become a goose, the person must shout **“goose”** while tapping once on **both shoulders** of the selected person.
4. The **“goose”** person must run around the circle to the empty spot where she or he tapped the **“new”** person.



5. The **“new”** person must chase after the **“goose”** person and touch him or her.
 - 5.1 If the **“new”** person does not tag the **“goose”** person before the **“goose”** person sits on the empty spot, the **“new”** person becomes a **“goose.”**
6. If the **“new”** person runs around the circle and sits on the empty spot before the **“goose”** person could, the **“goose”** person must keep walking around the circle and shouting **“duck”** while tapping on each person’s one shoulder until the next **“new”** person.

Freeze Dance

1. When the music is playing on, you have to dance.
When the music stops, you freeze.



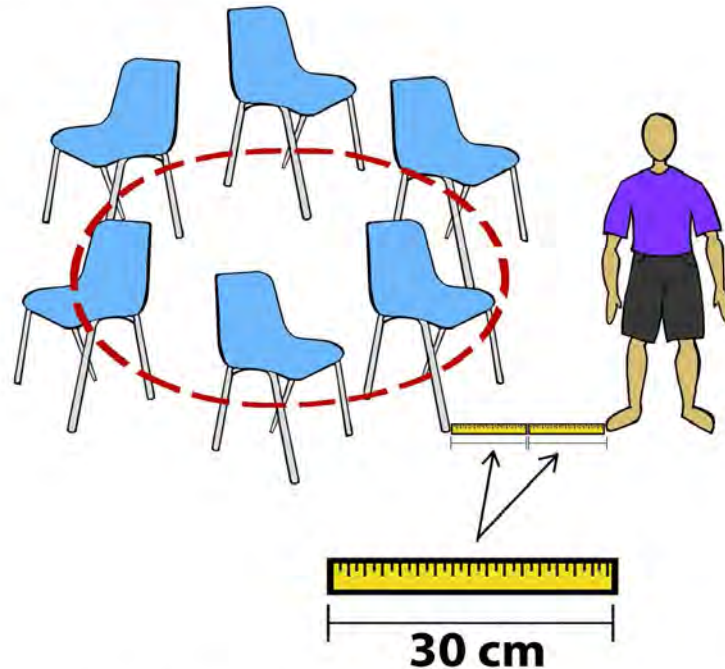
2. If you move after the music stops, you are out of the game.



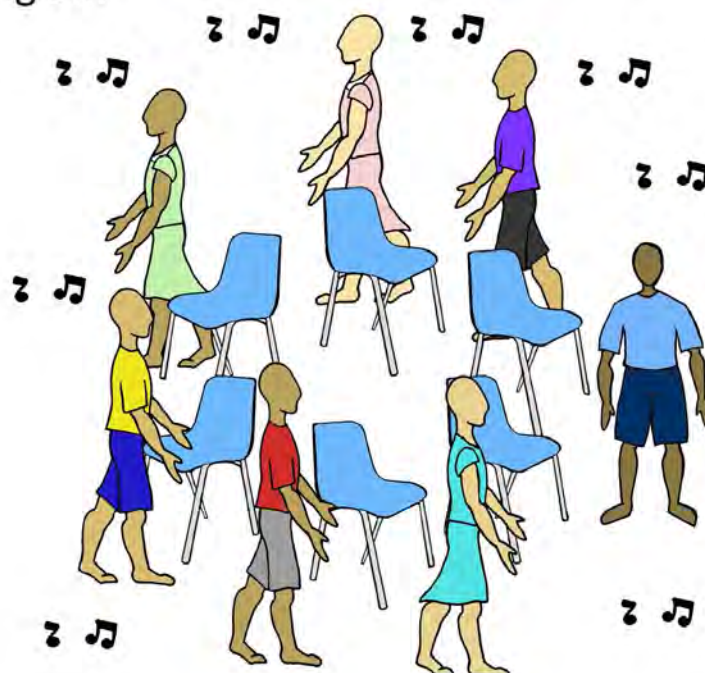
3. The last person who follows the music very well wins the game.

Musical Chairs

1. Put the chairs in a circle.



2. One chair must be taken away from the total of players. For example, if 7 persons are playing, 6 chairs must be in the circle.
3. The players must walk around the circle of chairs when the music is playing on.



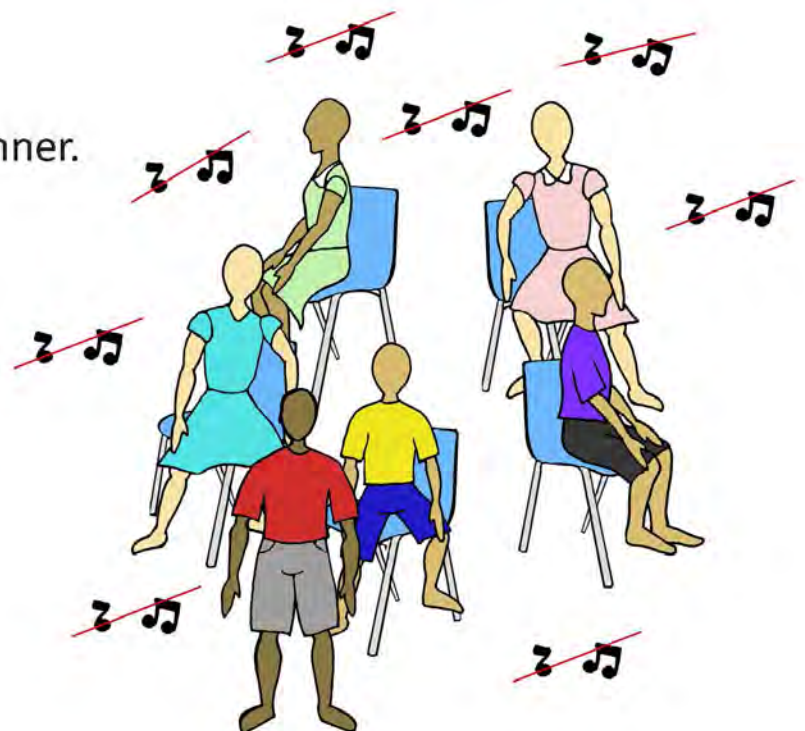
4. When the music stops playing, the players must sit on the chairs. The last player who does not sit on the chair is out of the game.



5. One chair must then be taken away in the next round. For example, 6 players = 5 chairs.



6. Repeat the process until there is only one winner.

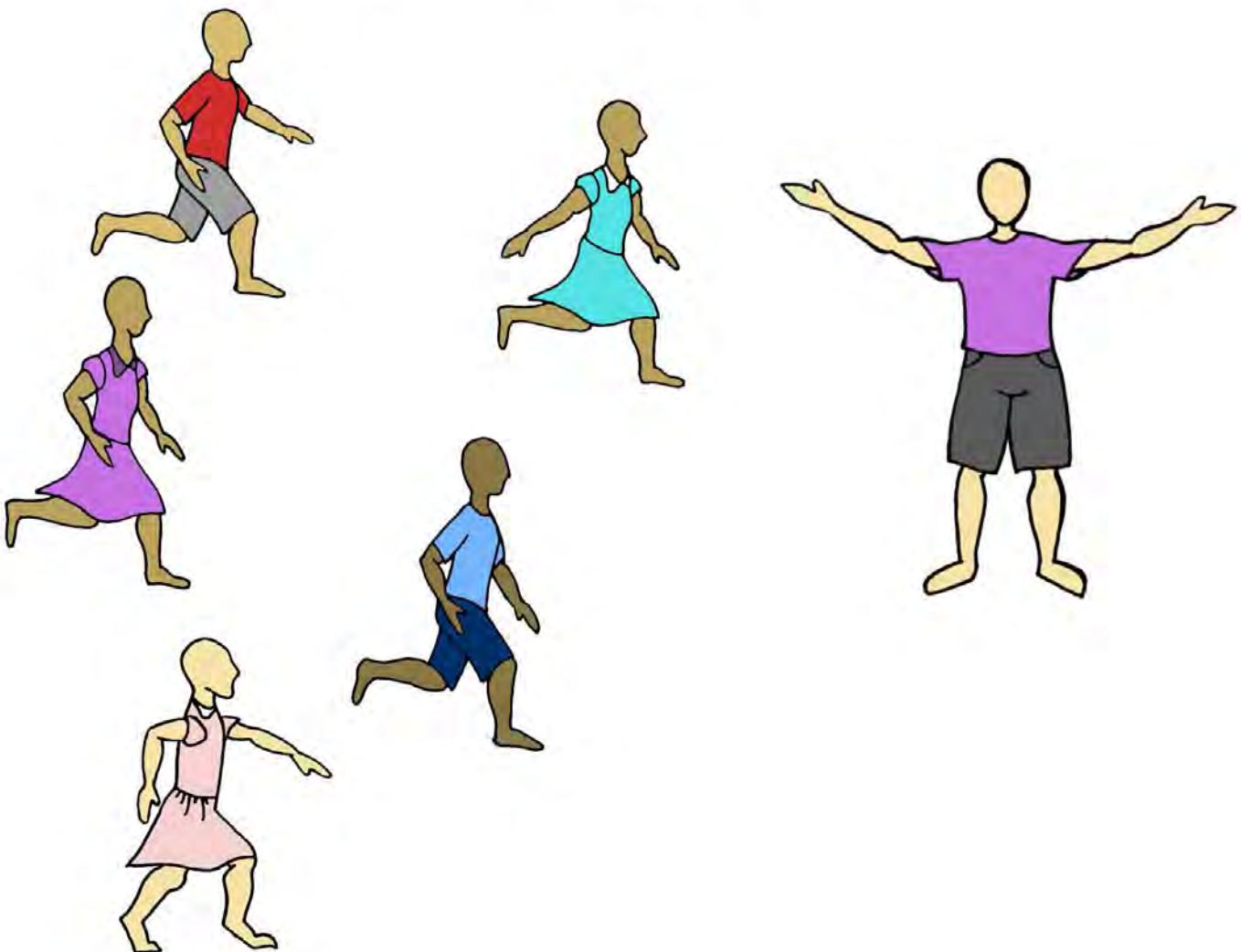


Red Light, Green Light

1. The players will stand at the starting line.
2. One person will be the “**traffic light**” and stand at the opposite side of the players.
3. When the “**traffic light**” person puts both hands above the head, this is “**red**” light which means “**STOP!**”



4. If the **“traffic light”** person puts both hands down, it will be **“green”** light which means **“GO!”**
5. The players have to follow the **“traffic lights”** very carefully.
6. If the **“traffic light”** person signals go, the players have to run towards the finish line. If the **“traffic light”** person signals stop, the players have to stop.



7. The **“traffic light”** person can signal with red and green lights for many times until all the players finally run across the finish line.

Relay Race

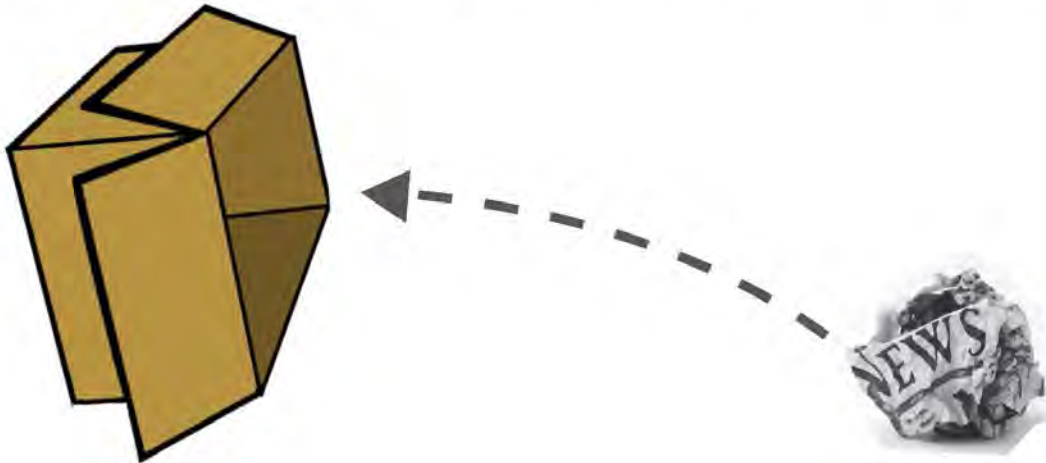
1. Each team will have 4 players.
2. The first player of the 4 players will carry a stick.
3. There will be a person who will show “GO” hand signal (same as Red Light, Green Light activity).
4. When the hand signal shows “GO!” the first player has to run and pass the stick to the next player.



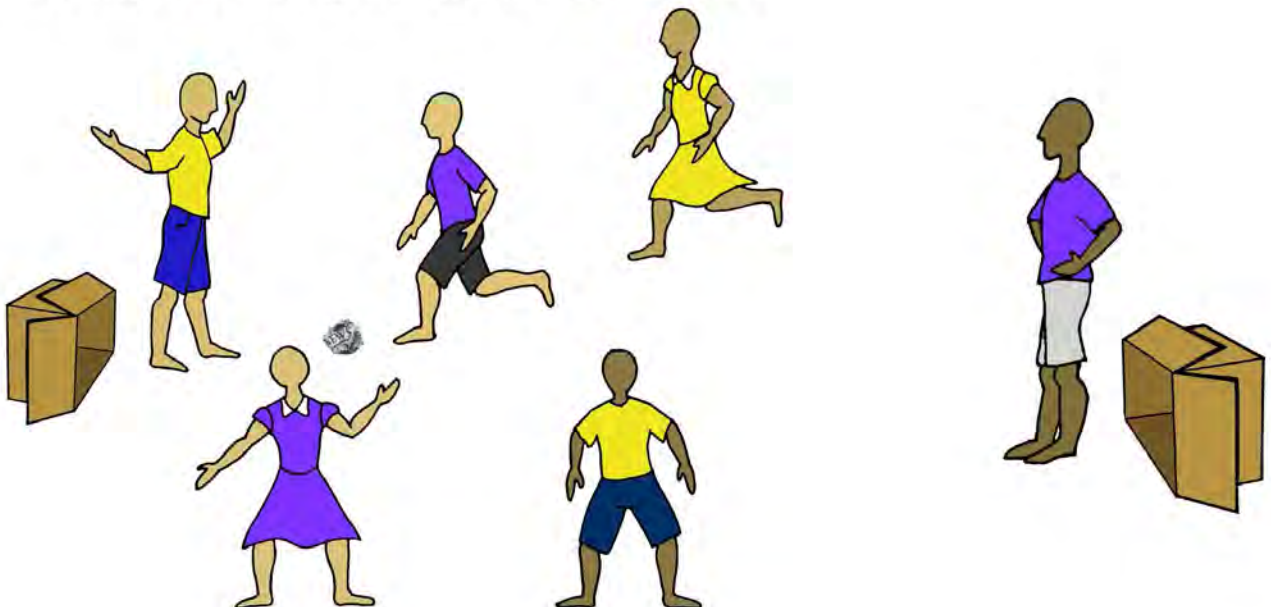
5. The second player has to run and give the stick to the third player.
6. The third player has to run and pass the stick to the last player.
7. Then, the last player has to run to the finish line.
8. The team who finishes first wins the race.

Recycled Football

1. Divide the players into 2 teams. For example, 3 players in one team.
2. Each team member needs to kick the newspaper ball into the goal.

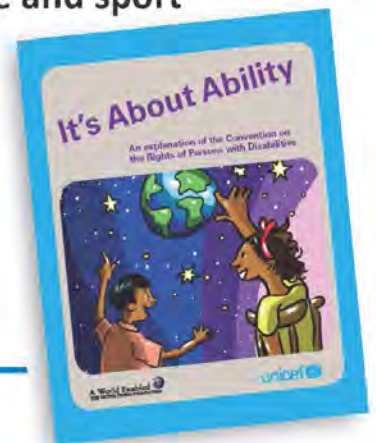


3. The goal keeper should be a member of the other team. The goal keeper will stay in front of the cardboard box (goal).
4. All the players cannot touch the newspaper ball BUT the goal keepers can use their hands to prevent the ball from reaching the goal.
5. Each team needs to kick the ball into the goal, which will be counted as one point in the team scores.



United Nations Convention on the Rights of Persons with Disabilities Article 30: Participation in cultural life, recreation, leisure and sport

People with disabilities have the same right as others to participate in and enjoy the arts, sports, games, films and other fun activities. So, theaters, museums, playgrounds and libraries should be accessible by everyone, including children with disabilities.



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Accessible for Persons with disAbilities

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