

Creating Leisure Skills Smart Goals

① WHY ADD A LEISURE SKILLS GOAL?

Creating a leisure skill goal on the student's IEP can create opportunities for that goal to be incorporated into the school setting. IEP goals provide additional accountability for professionals on the student's team and creates opportunities for the student and caregivers to see how leisure skills are progressing throughout the school year. Leisure skills enhance social opportunities for students and increase access to reinforcement more consistently which can increase the quality of life for students in the school and community.

② HOW TO CHOOSE THE LEISURE SKILL GOAL

- » When identifying where to start, it is important to understand where the student's current levels of performance are for the skills required to participate in this goal. For example, if a student has difficulty reading, creating a leisure activity around reading may not be the best match.
- » Match goals to student interest with leisure skill goals. Inviting students to participate in the goal identification process is a wonderful way to increase success around the skill you are measuring.
- » Consider long-term leisure skill goals and create short term objectives to help create future success opportunities.

③ HOW TO MEASURE PROGRESS

On the IEP, it should be noted how progress will be measured for these goals. Some examples include progress notes, self-monitoring tools, checklists, and prompting requirements.

④ CREATING LEISURE SKILLS GOALS IN THE CLASSROOM WITH A SMART GOAL:

- » What is a smart goal?

When writing goals, they should be written to increase opportunities for success. The goals should not be vague or general. The recommended template is a SMART goal: Specific, Measurable, Attainable, Results-oriented, and Time-bound.

Specific S	Measurable M	Attainable A	Results-oriented R	Time-bound T
G	O	A	L	S

Practice writing a SMART goal for a leisure skill around playing a board game

By June 1, 2026, Johnny will participate in board game activities with peers for at least ten minutes daily with no more than two prompts during each game.

The objectives included with our smart goal will be:

- » *By October 1, 2025, Johnny will increase social skills and leisure skill development by taking turns during the game with no more than two verbal prompts and with visual reminders presented during each turn for 80% of game activities.*
- » *By December 1, 2025, Johnny will increase communication skills by exchanging two verbal comments with at least one peer during the game referencing another peer's participation with no more than two prompts to initiate conversation across 80% of game activities.*
- » *By April 1, 2026, Johnny will develop life skills by cleaning up each activity with peers with no more than two prompts 100% of game activities.*

Break down each objective in SMART format:

Specific S	Measurable M	Attainable A	Results-oriented R	Time-bound T
Social and leisure skill development	Turn Taking with one to two peers	He has skills to participate in turn taking	No more than two prompts, visual reminders 80% of game sessions.	October 1, 2025
Communication development	Two verbal comments to at least one peer.	Participates in peer conversations	No more than two prompts, 80% of game sessions.	December 1, 2025
Life skills development	Clean up all of the activities.	Gross motor, understanding of games	No more than two prompts, 100% of game activities.	April 1, 2026

Learn more at TRIAD's Leisure Skills for Autistic Students online course. To access, first register for a free account or log in at [triad.vkclearning.org](https://www.comcast.net/triad.vkclearning.org). Then see <https://bit.ly/3s4zoET> to launch the course.