

Level Up Your Circle: Creating Social and Rec Opportunities Your Way!



Your Adventure Guide



- Recreational Therapist with Austin Parks and Recreation
- Enjoys: Riding Horses, Geocaching, Reading
- From: Kentucky

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Power On: Your Turn

- What do you enjoy doing in your free time?
- What type of activity do you spend the most time doing right now?
- Where do you most enjoy participating in activities?
- What's one activity you've always wanted to try?
- Which type of activity experience do you enjoy most?
- What can make trying a new activity challenging?
- When choosing an activity, what matters most to you?





Level 1: Choose Your Path



Choose Your Path



EXERCISE & SPORTS

Bowling
Pickleball
Swimming
Walking
Yoga

READING & LEARNING

Book Club
Learn a Language
Legos
Podcasts
Writing

CREATIVE ACTIVITIES

Baking
Crafting
Painting or drawing
Playing an instrument
Pottery or ceramics

ENTERTAINMENT & SOCIAL ACTIVITIES

Concerts and Movies
Escape Rooms
Karaoke
Trivia Night
Volunteering

GAMING & TECHNOLOGY

Board Games
Coding
Dungeons and Dragons
Video Games
Virtual Reality

OUTDOOR RECREATION

Camping
Fishing
Geocaching
Kayaking
Nature Photography

Level Up Challenge



Which category caught your eye?
Which category surprised you?
Which category would you like to
do more often?





Level 2: Level Up Your Zone

Panic Zone

Where overwhelm takes over, and
learning and healing shut down

Stretch Zone

Where challenge meets possibility- just
enough discomfort to help us grow

Comfort Zone

The familiar, where
things feel safe but
growth is limited



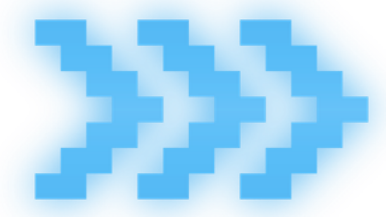
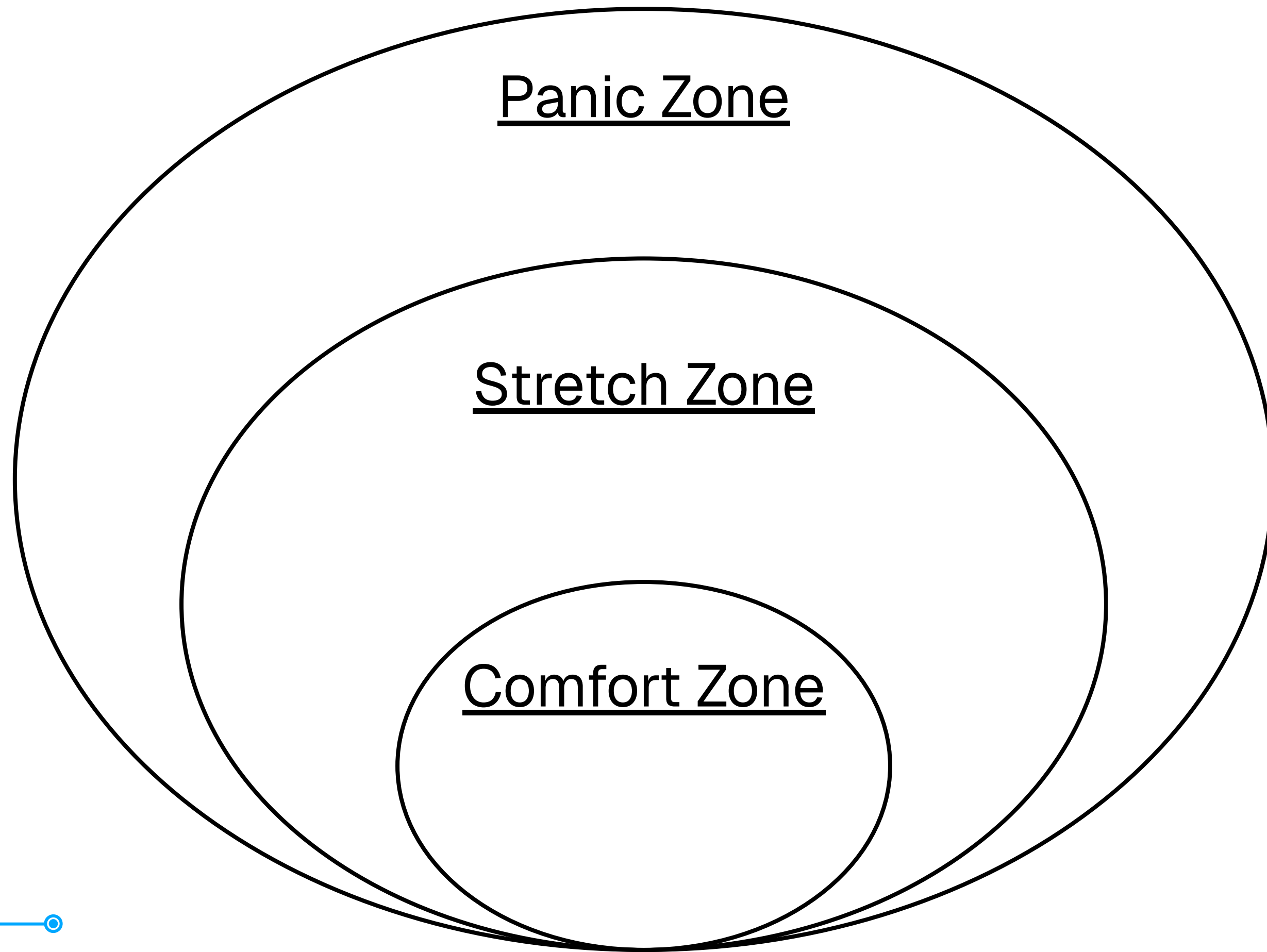


Level Up Your Zone

Interest	Comfort	Stretch
Reading	Read at Home	Join a Book Club
Gaming	Playing Online	Attend a Gaming Meet Up
Art	Draw at Home	Take a Painting Class



Level Up Challenge





Level 3: Find Your Community



Find Your Community

In Person:

- Parks and Recreation
- Community Centers
- Libraries
- Volunteer Organizations
- Faith Communities
- Colleges/Community Education
- Local Extension Office
- Meetups

Online:

- Interest-based Facebook Groups
- Discord and Reddit Communities
- Online Gaming Communities
- Virtual Classes
- Social Media Pages



Find Your Community



Tips:

Sometimes the easiest way to join an in-person activity is to connect with people online first.

- Search by purpose
 - “Events near me”
- Search for your interest + "group," "club," "community," or "meetup."
 - “Photography meetup in Dallas”
 - “Photography club online”
- Follow organizations on social media to hear about upcoming activities



Find Your Community

Safety Reminders

- Protect your personal information.
- Meet in public places if transitioning from online to in person.
- Bring a friend or family member to your first event if possible.
- Trust your instincts- it's okay to leave a group that doesn't feel welcoming.



Level Up Challenge

How would you search to find people who like a particular sport?





Level 4: Use Your Voice



Use Your Voice

Self Advocacy

You are the expert on your needs!



Use Your Voice

Before you go:

Think about what will help you feel most comfortable:

- What should I expect?
- Is this activity beginner friendly?
- What should I bring?
- Where do we meet?
- Is there a cost?
- Can I bring a friend?

Possible Questions:

- Are accommodations available?
- Can you tell me what the activity includes?
- Who can I contact if I have questions?
- Is there a quieter place if I need to take a break?
- Can I watch before I participate?



Level Up Challenge:

If you were trying one of your Stretch Zone activities, what is one question you would ask before attending?





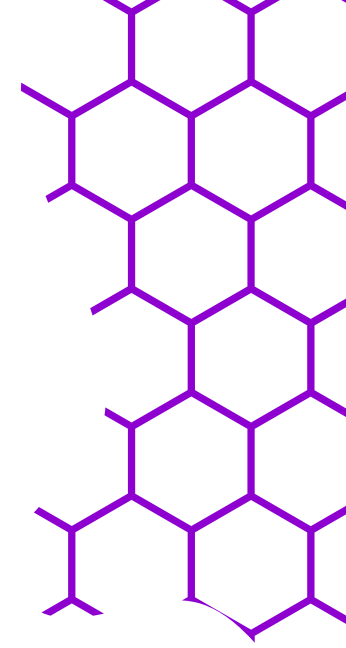
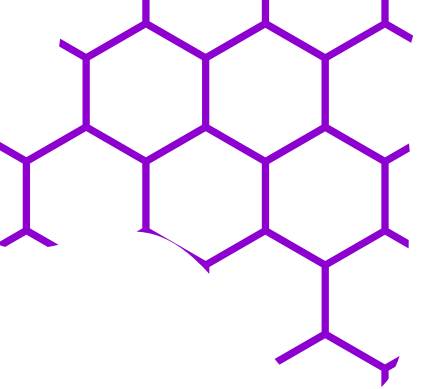
Final Level: Plan Your Next Adventure

Final Challenge

1. What is my goal?
2. One recreation activity I want to try:
3. Where I'll find it:
4. Will I start online or in person?
5. One person who can support me:
6. My first small step this week:
7. One challenge I might face:



End Credits



End Credits



You choose your next adventure!

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