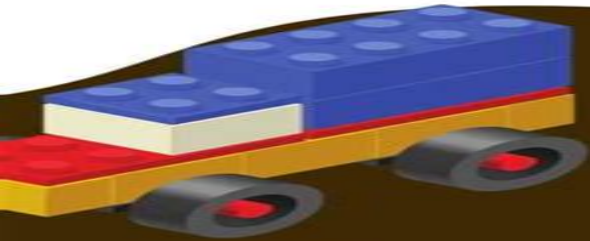


# Activities for Mentally Disabled Adults



## Play Cognitive Games

Cognitive games like board games, Lego games, and card games are good ways to engage an adult living with an intellectual disability and/or developmental disability.



## Nature Walks

Taking a walk in Nature or Botanical parks are helpful for a person living with an intellectual and/or developmental disability and also have a calming and therapeutic effect on them.



## Museum Trip

A trip to the museum is another calming and therapeutic activity you can engage in with an adult living with an intellectual and/or developmental disability. Seeing artifacts and other nature-themed works in the museum will pique their interest in learning and knowing more about their environment.



## Cooking Activities

Group cooking activities are very nice particularly if they are a cooking competition. This gives them a chance to think and also learn to work as a team and under pressure.



## Group Exercise Activities

Physical exercise is also important and good for adults living with intellectual and/or developmental disabilities. The exercise routine should be moderately intense to engage all parts of their body. Moderate exercises like taking a brisk walk, short distance jogging, and moderate cardiovascular exercises like jumping jacks, lunges, and light mountain climbers will be helpful.

## Group Picnics

Picnic helps with bonding with other people and also helps with being in the outdoors and enjoying the beauty of nature.

# Educating The Mentally Disabled

**Madeleine Arnot**



## **Educating The Mentally Disabled:**

**Instructional Strategies for Students With Mild, Moderate, and Severe Intellectual Disability** Richard M. Gargiulo, Emily C. Bouck, 2017-01-20 Strategies for Students with Mild Moderate and Severe Intellectual Disabilities is a textbook for undergraduate and graduate students enrolled in special and general education teacher preparation programs as well as practicing professionals offering a solid research based text on instructional methodologies for teaching students with intellectual disability across the spectrum of intellectual abilities The book addresses both academic and functional curricula in addition to behavioral interventions Additionally Instructional Strategies for Students Mild Moderate and Severe Intellectual Disability adopts developmental or life span approach covering preschool through adolescence and young adulthood

**Handbook of Research-Based Practices for Educating Students with Intellectual Disability** Karrie A. Shogren, 2016-10-14 The Handbook of Research Based Practices for Educating Students with Intellectual Disability provides an integrated transdisciplinary overview of research based practices for teaching students with intellectual disability This comprehensive volume emphasizes education across life stages from early intervention in schools through the transition to adulthood and highlights major educational and support needs of children and youth with intellectual disability The implications of history recent research and existing information are positioned to systematically advance new practices and explore promising possibilities in the field Driven by the collaboration of accomplished nationally recognized professionals of varied approaches and philosophies the book emphasizes practices that have been shown to be effective through multiple methodologies so as to help readers select interventions based on the evidence of their effectiveness [Library of Congress Subject Headings](#) Library of Congress, Library of Congress. Subject Cataloging Division, Library of Congress. Office for Subject Cataloging Policy, 2013

[The Sociology of Disability and Inclusive Education](#) Madeleine Arnot, 2013-09-13 Len Barton's intellectual and practical contribution to the sociology of disability and education is highly significant and widely known The leading scholars in this collection including his long term collaborators offer both a celebration and a reassessment of this contribution addressing the challenge that the social model of disability has presented to dominant medicalised concepts categories and practices and their power to define the identity and the lives of others At the same time the authors build upon some of the key themes that are woven through Len Barton's work such as his call for a politics of hope This collection explores a wide range of topics including difference as a field of political struggle the relationship of disability studies disabled people and their struggle for inclusion radical activism organic intellectuals and the disability movement discrimination exclusion and effective change inclusive education the politics of hope resilience and transformative actions universal pedagogy human rights and citizenship debates The Sociology of Disability and Inclusive Education highlights Len Barton's humane vision of academic work of the nature of an inclusive and non discriminatory society of the role of an education system which addresses the rights and potential of all participants It indicates how such a

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