



# playing for all

## NDIS GOALS

Playing for All can help participants achieve many NDIS goals including:

### Social and Community Participation

- Making new social connections
- Building friendships
- Meeting people from other places with similar interests.
- Developing and improving social and communication skills by working with others in a team
- Improving social skills, including leadership, collaboration, cooperation, sharing and negotiation

### Health and Wellbeing

- Living a healthy life – develop behaviours for lifelong participation in movement and physical activity.
- Being active, getting fit and improving motor skills.
- Improving health - learning about health food choices, hydration, and looking after physical wellbeing and mental health and wellbeing.
- Improving memory and concentration

### Personal Development

- Improving confidence and resilience
- Increasing motivation and drive to do better.
- Developing independence - practicing their independent living skills by participating in sporting programs.
- Improving awareness of one's self and capabilities
- Having a break from parents and carers to spend time with peers.

To find out more or register for a program,  
visit [www.specialolympics.com.au/playingforall](http://www.specialolympics.com.au/playingforall)

