

TR Awareness Month Event Ideas

Creative ways to promote TR overall

- Create a “Recovery and Wellness Wall” – cut out paper bricks and have clients write how recreation and leisure supported their recovery and promoted wellness
- Hold an “Ask an RT” question and answer Virtual luncheon
- Create a digital collage of pictures of clients participating in their favourite recreation activities- send a photo of this collage out virtually to others at your agency
- Distribute the TRO Therapeutic Recreation Awareness Month information packages virtually to the local high schools
- Create a bulletin board of client testimonials and put it in a prominent place in your facility
- Ask clients to create a poster of what TR means to them (pictures and/or words) and have them hang them up in their rooms or display them on bulletin boards or share this virtually at your agency

Ideas you can do at your agency/organization

- Create TR staff profiles with photos and descriptions
- Create your own TR week slogan for your organization
- Change the message on your voicemail to reflect the month
- Show the TRO Informational Presentation to staff or the board of directors of your agency virtually
- Encourage your facility to subscribe to TR journals
- Wear a button with the TRO definition of TR on it
- Include TRO’s definition of TR in your e-mail signature
- Hold a virtual demonstration on a new intervention (eg. Chair Tai Chi) for clients and staff

- Hold a “Guess the TR” baby picture match-up contest
- Host a virtual games session or other TR activity virtually to have a fun social hour with other TRs at your facility/ agency

Ideas that involve the people you serve

- Send out daily email reminders about activities
- Hold a virtual contest to name a piece of equipment or a space used by the TR department
- Hold a demonstration of a virtual TR program being offered to clients
- Invite a virtual guest speaker or host a virtual TR experience for staff or clients at your agency
- Create an evaluation to get feedback on your Therapeutic Recreation Awareness Month activities

Advocacy ideas

- Provide a recorded lecture/virtual presentation to high schoolstudents to create awareness about the TR profession
- Offer a free virtual workshop for parents, teachers, and coaches on adaptive equipment and the benefits of leisure
- Write a TR article for your facility newsletter or the local newspaper
- Share TR materials from the TR awareness package with other TRs in your facility
- Create and wear a “Therapeutic Recreation Awareness Month” t-shirt or sweater