

6 Fun Activities in Houston for Kids with Developmental Disabilities

Everyone needs some time to get out of the house and have fun. This may be doubly true for kids with developmental disabilities and their families. When the average day inevitably includes some stress and struggle, taking a break to do something fun together takes on more meaning.



Whether you're in the mood for something social, educational, or just purely about having an entertaining day out, you've got options. Houston has a number of fun things to do – some with a specific focus on giving kids with disabilities a chance to try something new, and others that just generally offer a good time for any kid.

1) Enjoy the outdoors.

Beautiful, educational, and healthy, a visit to the [Houston Arboretum and Nature Center](#) packs a lot of benefits all at once. The trails are for walkers only, so you won't have to worry about any fast bikers or skateboarders taking you by surprise. You can stroll at your own pace and take in the view of local plants and wildlife.

You can [pick out your trail in advance](#), so you know what to expect and won't end up on a much longer jaunt than intended. You will want to make sure that your child understands that the plants shouldn't be picked, and recommend that they try to be as quiet as possible if they want to spot wildlife. But other than that they can enjoy the sights and sounds to their heart's content.

2) Trampoline Day!

[SkyHigh Sports](#), “The Trampoline Place,” devotes the first Tuesday of every month from 3pm- 6pm to kids with special needs. The joy of jumping on a trampoline pretty much speaks for itself, so mark your calendar for next month and be prepared to witness some smiles.

3) Prepare for the stage.

[The River Performing and Visual Arts Center](#) offers both ongoing classes and weekend workshops on theatre for kids (and adults) with disabilities. They can learn a little bit about something new, gain some confidence through performance, and (most importantly) have a great time. If you'd like to share in the experience along with your kid, get in touch to learn about volunteering.

4) Play games on the pier.

The [Galveston Island Pleasure Pier](#) has a host of games, rides, and activities that you can enjoy with the whole family. You also have a number of different eating options to choose from, so once everyone starts to get tired and hungry, you won't have to go far.



5) Learn and play.

The [Children's Museum of Houston](#) is packed with educational and entertaining activities for kids of all ages. If you want to make your visit when the museum won't be too crowded, they recommend showing up close to the 10 am opening time. They also offer [sensory friendly days](#) for kids who might find visits to the museum overwhelming on a normal day.

6) Go sailing.

We happen to know for a fact that sailing is a fantastic way for kids with disabilities and their families to spend a day together. We've taken out thousands of kids with Sailing Angels and have heard nothing but [positive feedback](#). Some time on the water proves refreshing, calming, and gives the kids we take out a taste of something different from the norm. We'd love for you to join us for one of next trips. [Just get in touch!](#)