

## **SUMMARY:**

Social recreation refers to those activities that have socialization as a primary purpose and more specifically to those activities intentionally designed to bring people together. The benefits of social recreation activities are numerous, it contribute toward the development of social competence. People benefit from sharing experiences with others, social recreation is highly regarded within the field of recreation. The planning of a social recreation program should be a cooperative venture and activity should stem from the needs and interests of the group.

Guidelines has to be adheres to in planning a social recreation event, some important ones includes, identify your guests whether single or mixed age, single or married, single sex etc.; setting for the event, availability of sufficient space and the facilities suitable for the group; purpose of event, if it is a celebration for a holiday or individual or just a family gathering; event scheduled, the time, date and duration of the program is an important consideration; budget, to ensure that the expenditures must be within the budget. Some social recreation events require that the recreation leader make the technical arrangements but do no actual leadership of activities during the event. A leader can instil enthusiasm in a group just by sheer energy and sincerity.

Outdoor recreation activities offers participants numerous satisfying experience apart from the contribution to the enjoyment, appreciation, and use of the natural environment. Such outdoor recreation activity develop in the individual a sense of responsibility for the preservation, care, and wise use of the natural environment and encourage good outdoor citizenship. It also contributes to physical and mental health of the participant.