

Living Safely

with disabilities and special health needs



A playground is an area set up for children to play and have fun. Playing with others can be very fun.



There may be other children playing at the playground.

Many times, there are a lot of children at a playground. Be polite and kind to others on the playground.



When at a playground, stay in safe areas. Avoid standing near swings and other moving playground equipment.

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Do not pick up or eat wood chips, rocks, gravel, sand, sticks, or dirt.



You may want to play alone.



If a child is playing at the playground and you want to join in, ask, “Can I play with you?”

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If the child wants to play with you, say, “Thank you.”



If the child does not want to play, find another person to ask.



If the children at the playground don’t want to play, it is okay because everyone likes to do different things.

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When playing a game with friends, there may be game rules. If you do not know the rules, ask your friends to explain them.



Try playing games that other kids enjoy. It is nice to try games other people like and share games you like to play.



It is important to take turns on the playground. You may need to wait in line to play on playground equipment until it is your turn.

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Once you have a turn on the play equipment, let others enjoy it and take turns.



Don't push or pull anyone off playground equipment.



Give others enough space so all can play safely.



Swinging on the swing can be fun.

Make sure no one is in front or behind you when you swing. If someone is too close they can get hurt.

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Don't jump off a moving swing.



Be careful when climbing on play equipment.



On a slide, make sure that no one is below the slide before sliding down. You could hurt someone if you slide into them.

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities.

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