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Cares

THE COMMUNITY
HUB
FRIENDS



I am going to a
playground.



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A playground is an area set up for people to play.

I go to the playground to have fun.

Sometimes I can play there by myself. I can play with one friend or many friends. Playing together is fun.



When I am at the playground I should stay in safe areas.

I don't pick up or eat wood chips, rocks, gravel, sand, sticks, or dirt.

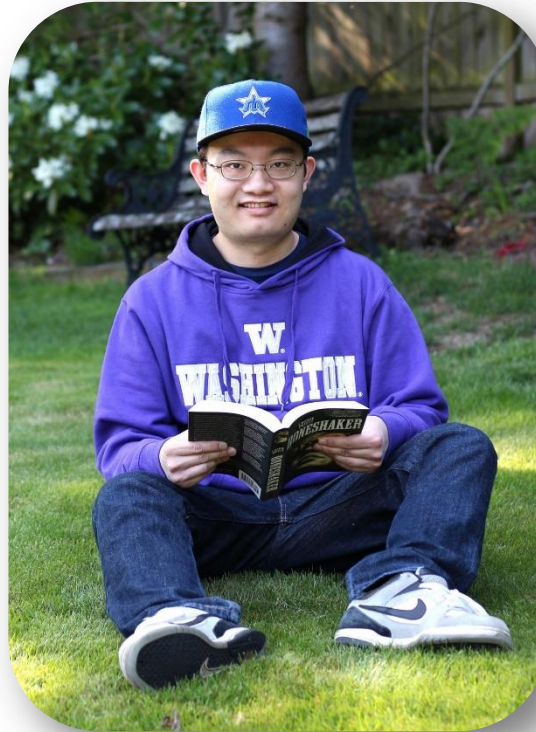
I am polite to others and use polite language at the playground.



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

If the person wants to play with me, I say, "Thank You."

If the person does not want to play with me, I can find another person to ask.



If the people at the playground don't want to play with me today, it is okay because we all like to do different things.

I can play things that I enjoy by myself instead.



When I play a game with friends, there may be rules. If I don't know the rules, I ask a person to explain them.

Sometimes people don't want to play the same games I like. When I try to play games that others like, they will see that I am a nice person.

Maybe next time they will learn a game that I like.



I need to take turns on the playground. I may need to wait in line to play on playground equipment until it is my turn.

Once I have a turn, I make sure everyone else also has a turn to go. I should never stay on equipment for a long time when others are waiting to use it.

I don't push or pull anyone off playground equipment. I always give others enough space so we can all play safely.



Swinging on the swing can be fun. I always make sure no one is in front or behind me when I swing. If someone is too close they can get hurt.

When I swing, it can feel strange. Once I get used to the feeling, swinging can be fun.

Swinging on a swing is good exercise and lots of fun.



I carefully climb the ladder when I go on a slide. I don't climb up the slide.

Before I slide, I wait to make sure there is no one on the slide or at the bottom of the slide. I don't want to hurt anyone when I slide down.

When I slide, I should keep my arms off the sides so that my body will go down the slide. I can put my hands down if I feel I am going too fast.

Going down a slide is fun.



Monkey bars look like a sideways ladder.

To climb up on monkey bars, I need to have strength to hold my body up.

I need to be careful when I take one hand off of one bar to reach for the next bar.

It is exciting to reach the other side.



I can play with the playground equipment as long as I play safely.

If I feel unsure or if I need help, I should bring a friend or ask an adult I know who can to help me.



After I am finished playing at the playground, I can tell my friends what I did and that I had a good time.

Let's get to know each other !

Find more great resources at
www.childrens-specialized.org



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