

Have Fun and Play Safe

at the
Playground

Parent Activity Guide

Preschool - SK



OPTIMIST

Bringing out the best in kids!
Riverside & Roseville Fountainbleu



HEALTH UNIT

Unité sanitaire
de Windsor-comté d'Essex

WINDSOR • ESSEX • LEAMINGTON
www.wehealthunit.org



Dear Family,

The playground is a great place for children to be active, use their imaginations, make friends, and develop skills.

The playground can also be a place where children get hurt.

Falls are the number one cause of injury at the playground.

Supervision and teaching simple safety rules are key to preventing falls at the playground.

This activity guide will help you teach and reinforce playground safety rules.

The activities can also be found on-line at
<http://wechealthunit.org/playground-safety>



Have Fun and *Play Safe*
at the
Playground

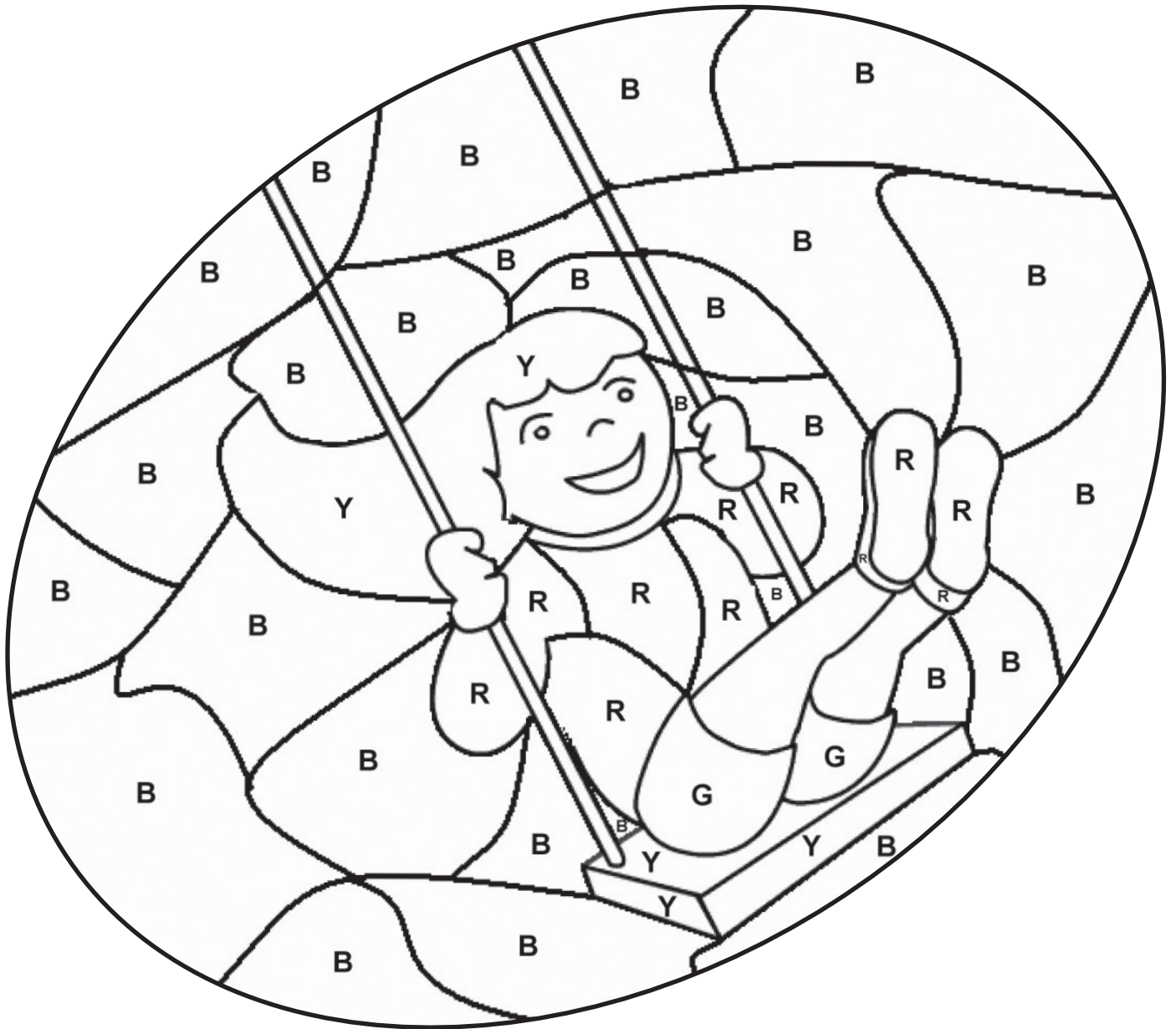
Have Fun and Play Safe

Draw a picture.

Have Fun and Play Safe



Have Fun and Play Safe



B - Blue

G - Green

R - Red

Y - Yellow

Have Fun and Play Safe



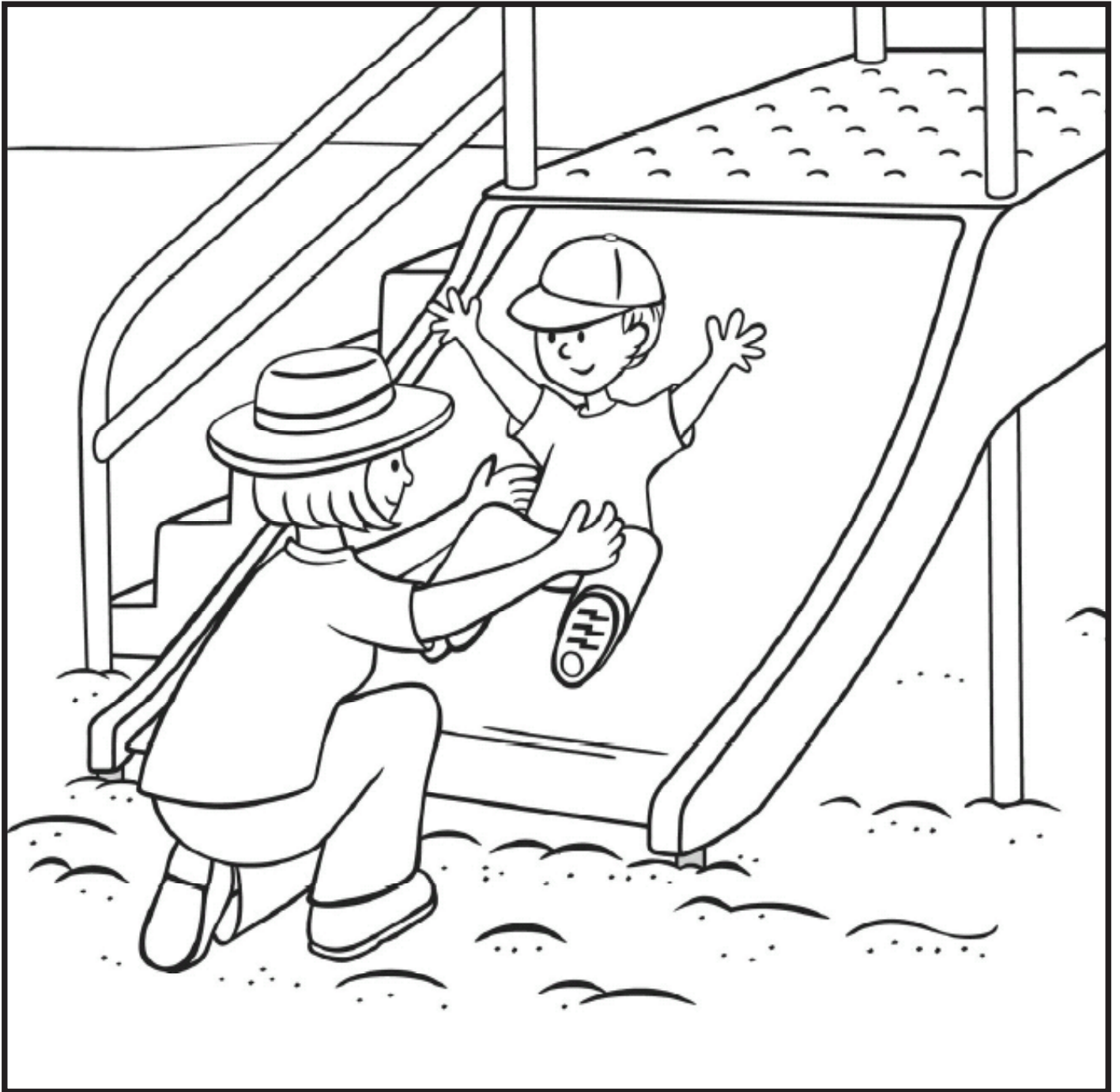
1 - Blue

2 - Red

3 - Green

4 - Yellow

Have Fun and Play Safe



The Safety Spelling Song

Trace the outlined words.

We can have **f u n** fun,

when we play **s a f e**,

when we play **s a f e**,

when we play **s a f e!**

We can have **f u n** fun,

when we play **s a f e**,

when we play **s a f e**,

when we play **SAFE!**

The Safety Spelling Song

Trace the outlined words.

We can have f u n **fun.**

I will w a i t **my turn.**

I will not p u s h.

I will s l i d e **feet down**
first.

I will h o l d **onto railings.**

Have Fun and Play Safe

Child Pledge

I, _____ in Grade ____ promise to play safely at the playground. I will:

- Wait my turn.
- Not push.
- Slide feet down first.
- Hold onto railings.
- Watch for dangers.

Signature: _____

Parent / Guardian Pledge

I, _____ promise to keep you safe at the playground. I will:

- Teach you safety rules.
- Watch you closely.
- Look for dangers.

Signature: _____